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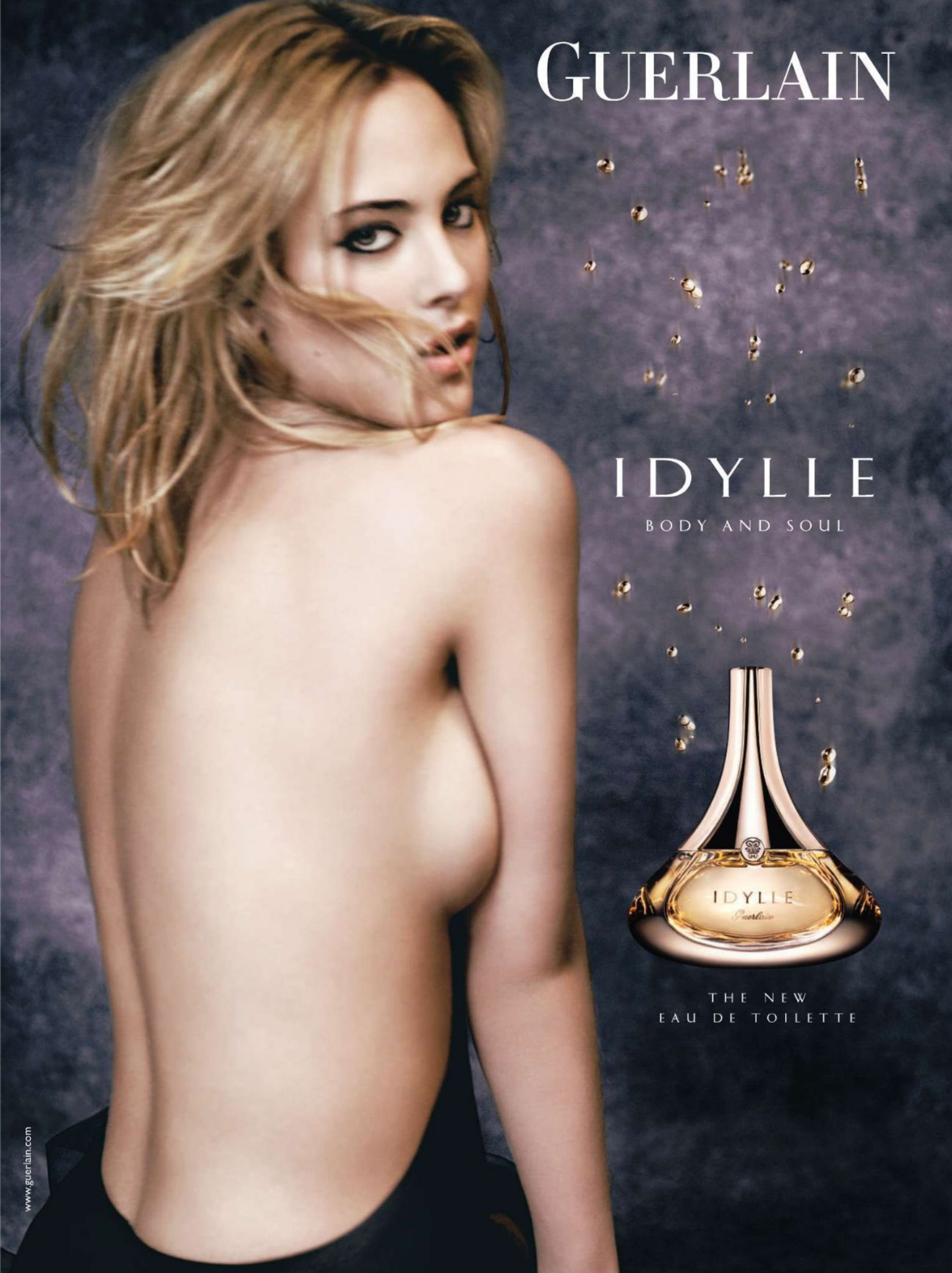
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December 2010



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December 2010



From **p89-120,** meet the most amazing, incredible and downright fabulous women (and men) in the annual *Cosmopolitan* Ultimate Women Awards. Above are just a few of them, but dive in to read all the inspiring stories…

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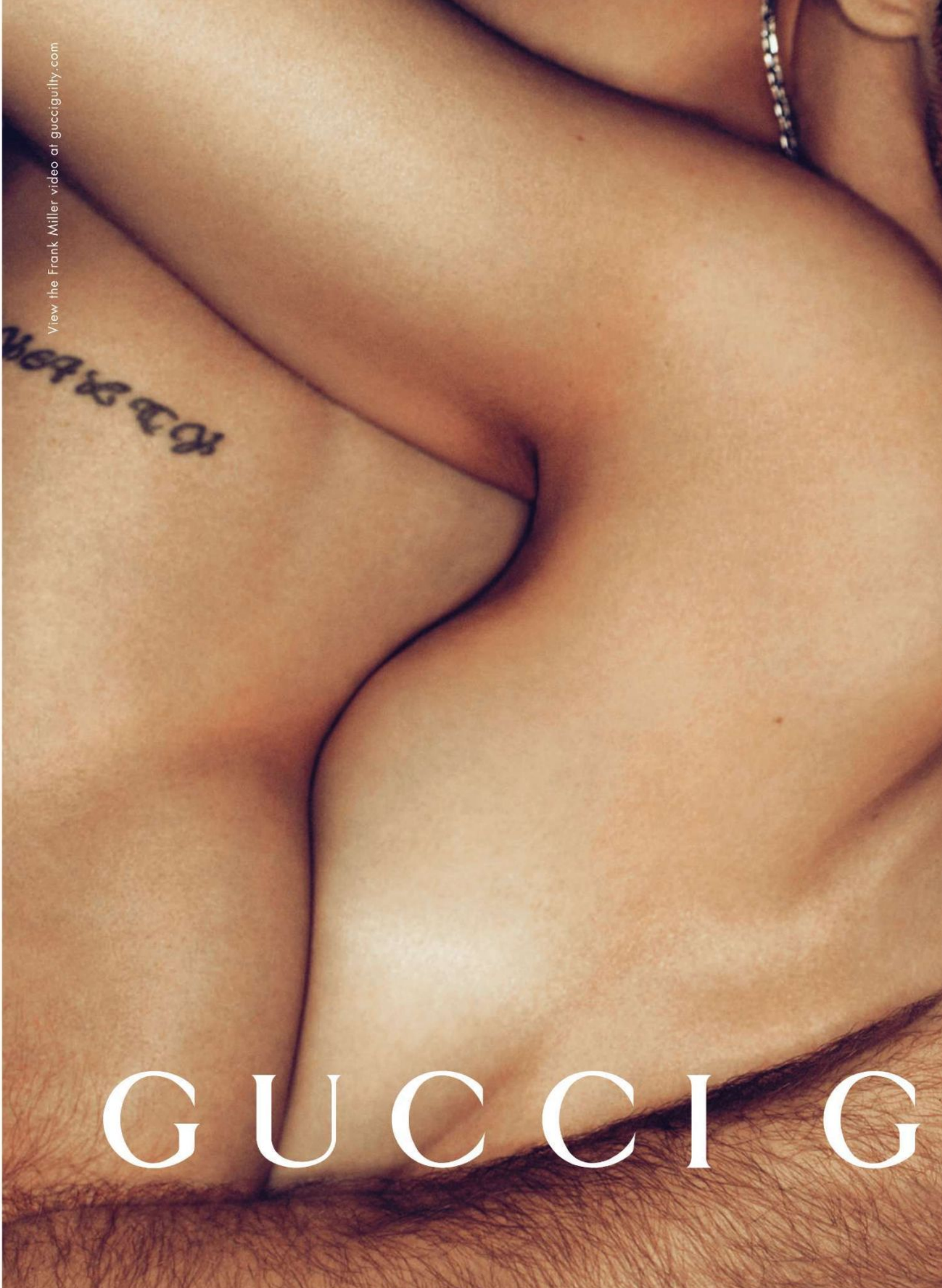
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Time for us all to celebrate!



The December issue has to be the *most* exciting issue for the *Cosmo* team to put together. Not only does it give us total permission to get excited about Christmas way too early (the dresses, the parties, the presents… oh my!), but it's also the issue in which we celebrate *Cosmopolitan*'s Ultimate Women Of The Year with Avon.

And what a year for women it's been. After months of sifting through hundreds of nominations, and searching high and low for the most inspirational women in the country, the team came up with quite possibly our best list of nominations yet (do I say that every year?!). And that made for some great debates at the judging of the real-life winners… and quite a few tears as well! The women (and men) we chose all embody the spirit of the Awards; go-getting, courageous, strong, empowering and feisty. And, as one of the judges, I felt truly humbled by their achievements.

So if you're ready to be uplifted and inspired, turn to p89. We defy you not to get goosebumps.

All that remains to say is happy Christmas from the *Cosmo* team!

Louise

Louise Court, Editor

Follow me on Twitter at **twitter.com/LouiseCosmoEd**

And a word from our fabulous judges of the non-celeb winners!

Mel B
"These Awards are proof there are so many amazing women out there. It's a real honour to have judged their stories."



Karen
"It's women like this who should be an inspiration to us all – they're genuine unsung heroes everyone should shout about."



Reggie
"I was blown away by so many of these stories. Picking winners was tough – there were some tense moments in that judging room."



Fearne
"Judging these Awards is always such an emotional experience... but it's nothing compared to the night itself."



Kimberley
"It's so fantastic to be celebrating these women's achievements – their stories are incredibly emotional and so inspiring."



Irma
"What an incredible group of women. If you're looking for a role model, I guarantee that you'll find one here."

PHOTOGRAPHS GETTY, SARAH DUNN

Miss *Cosmo*, miss out

Things I didn't know until this issue

1 The words you use to describe a tropical beach says a *lot* about your sex life. Revelation! Take the best, most surprising sex quiz *Cosmo* has ever created on p56.

2 It doesn't always take endless weeks of dieting to drop a dress size (*relieved face*). You can actually do it in just a few hours! Oh, the joys of a shortcut… Turn to p261.

3 It's time to channel your inner '60s sex kitten – this season's beauty looks are *all* about hair piled high, striking cat eyes and soft, matt lips. Get the look on p40.

4 The most important advice on having the best Christmas party ever? Stay in the party-present. And just how do you do that, you ask? Check out p65 and find out!

SEE CLOTHES, MEET *COSMO!*

From 3-8 December 2010, *Cosmo* will be at Clothes Show Live at NEC Birmingham. So once you've checked out the catwalk shows, look out for us and say hello! Book your tickets at www.clothesshowlive.com.



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FUN * FEARLESS Fem@il

Inspired, indignant or impressed because of Cosmo? Let us know why



Star letter

Speak up

"I had to write in after reading *'I Jailed My Abusive Dad'* (October) as my family and I have been through a similar situation. For years I was sexually abused by my grandad and never spoke up. I thought if it was happening to me, I was protecting my sisters. But after he died, my sister confessed she'd been abused too – and it turned out that all four of us, and my aunt, had suffered at his hands. Together we got each other through, and we've all gone on to achieve great things and move on in life. I hope Siobhan's story can encourage anyone else holding this secret to speak out." **Name withheld**

Low morale

"The writer of *Are Lads' Mags Bad For Men?* (October) is missing the point. It's not about the models, it's about how society is affected by these mags. They're normalising porn and sexual exploitation – and damaging women's status, which affects their self-esteem. The high rates of domestic violence and the amount spent on cosmetic surgery indicate that women's morale is low. Lads' mags undermine women's human rights." **Name withheld**

Mind matters

"Thank you for the feature *I Was 26 But Felt Like A 2-Year-Old* (October). I suffer from ME, and magazines tend not to write about neurological illnesses like mine. Like Kerry, I may not be able to do half the things I used to, but I enjoy the few things I can do – such as reading *Cosmo* – so much more." **Caroline,** *Yorkshire*

Behind bars

"I was shocked by *'He Said I Could Never Leave'* (October). I'm so glad Natasha Benjamin got to hospital after such an horrific assault by her ex-boyfriend. But I think it's awful that she has been the one to move away and start again. After his prison sentence, it should be her ex who has to move and try to make a new life for himself." **Jessica,** *Manchester*

Laugh out loud

"I'm in hospital after suffering a blood clot and, on my first day here, discovered the *Confessions* page. Finally I was crying tears of laughter instead of fear. Thanks, *Cosmo*." **Jenna,** *Wales*

A little respect

"After reading *What Goes Through Men's Minds...* (October), I was freaked that men find it OK if women have slept with 50 men by the age of 30. It's sad how promiscuity is so welcomed. It's time for women to respect themselves – that's what will make men treat them with respect, not as objects. If anyone suspects I'm a nun: I'm 25 and not religious." **Reka,** *London*

How many do you think is too many? Tell us at cosmo.mail@natmags.co.uk.

WRITE TO US!

Get in touch at: **Fun Fearless Fem@il, *Cosmo*, 72 Broadwick Street, London W1F 9EP**, or email **cosmo.mail@natmags.co.uk** (with 'Fun Fearless Fem@il' as the subject), including your name, address, age and phone number. The writer of the star letter wins 12 bottles of Codorníu Pinot Noir, a sparkling rosé wine. If you win, don't drink 'em all at once!



Web News



Pat McNulty, *Cosmo's* Acting Web Editor, reveals what you've been discussing this month on **www.cosmopolitan.co.uk**

Weird first dates

"A guy once arrived with a bottle of vodka and a sleeping bag. I think the date lasted five minutes!" **spanglebangle**

"I was taken to a pottery class once. I was dressed to the nines in heels and I'm taken to a pottery class!" **SkyHighHeels**

"On my first date with my boyfriend, he licked me on the cheek... and I'm still with him!" **Discoshoes**

Hangover cures

"Nothing sorts mine out but sleep!" **ButterfliesInMyBelly**

"Full-fat Coke, a bacon sarnie and Quavers – a Greggs Cornish pasty always bodes well too!" **LucieTee**

Your favourite place

"My happy place is at Christmas with my family – with wrapping paper everywhere – playing Monopoly." **Summer_x**

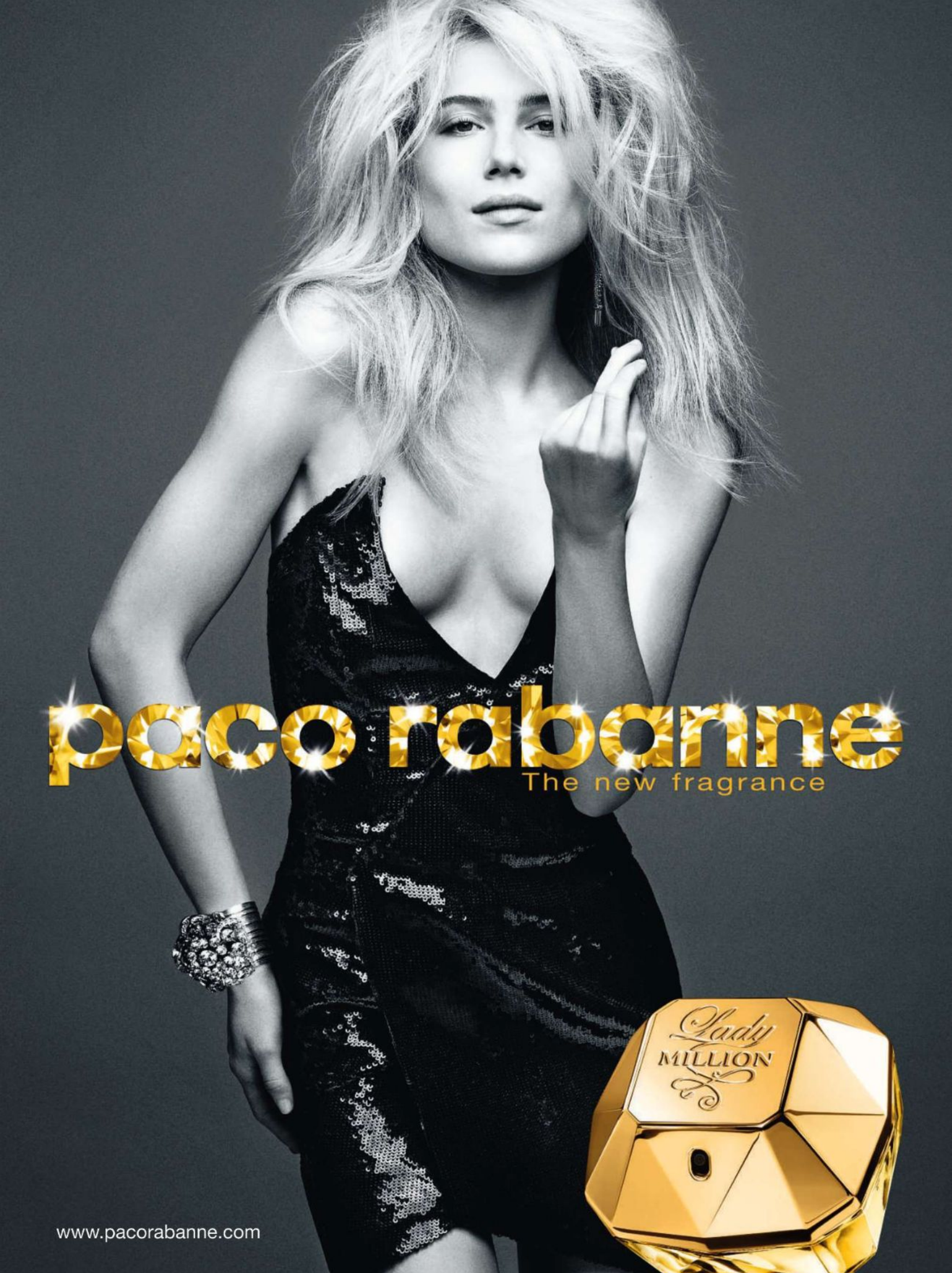
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Oops!

Cosmopolitan Blog Awards, November: The correct URL for the 'highly commended' blog in the lifestyle category is **11**. Sorry, Claire!

COMPETITION AND GIVEAWAYS RULES OF ENTRY No cash alternatives to any of the prizes or giveaways. Competitions and giveaways open to all *Cosmopolitan* readers in the UK (including Northern Ireland) aged 18 and over, except employees of the National Magazine Co Ltd and their families, the sponsors/promoters or associated companies, and no entrant may win more than one prize. Proof of postage is not deemed to be proof of delivery. Prizes will be awarded to entries with the correct answers, the most original tiebreakers, if applicable, or according to the criteria specific to the competition. Prize-draw winners are drawn at random after the closing date, or chosen according to the criteria specific to the competition, and will be notified by post or phoned within a month of the closing date. Winners must be willing to have their name and photograph used for publicity purposes. The winners' or giveaway recipients' names will be available to all entrants who write (enclosing a stamped addressed envelope) to *Cosmopolitan*, 72 Broadwick Street, London W1F 9EP. The judges' decision is final and no correspondence will be entered into. The sponsors/promoters are responsible for all prizes and have the right to alter prizes if necessary. If winners do not respond within five days, alternative winners may be chosen.

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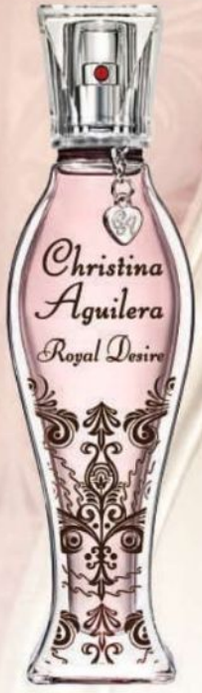

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Cosmo's Happy List

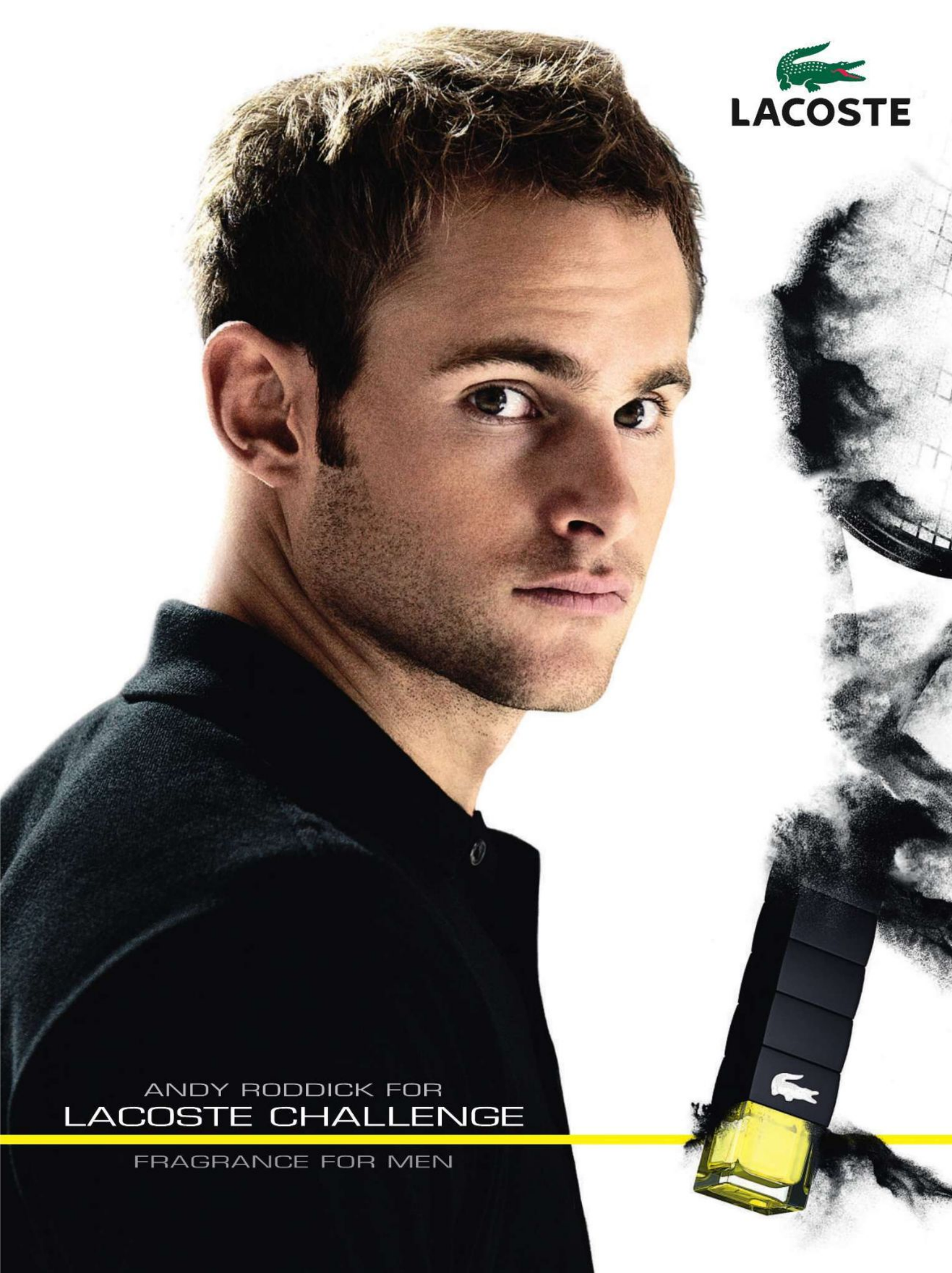
10 THINGS *that show your pleasure is our priority*

BY ROSIE MULLENDER, JACQUI MEDDINGS, ANNABELLE LEE, PHILIPPA CHAPMAN AND SAIREY STEMP. PHOTOGRAPHS SETH POPPEL/YEARBOOK LIBRARY; XPOSUREPHOTOS.COM; LFI; STILL LIFES STUDIO 33



1 Dolly mixtures

Not only do these dolls look cute on your dressing table, they also have a blank piece of paper inside for a personal message. The perfect present for a friend – if you can bear to give them away. Available from the Momiji collection, £9.95 each, www.lovemomiji.com. ›


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2 ADORE DIOR

This dreamy Dior Minaudiere cosmetics clutch, £59, is far too good to share its space with any other presents on Christmas morning. The grey and gold colours inside make for an ultra-glam evening look, and the patent trimmings will have you cooing at it like a small child. We like.

3 From Jay to Z

The enigmatic maestro has never been one for revealing all – but now, as his book Decoded *is about to hit the shelves, we look at the making of the man*



Awww... Who would have thought that this 14-year-old cutie-pie would turn into the bling international superstar he is now?



As a teenager, Jay-Z was nicknamed Jazzy, which eventually morphed into his stage name. His real name is Shawn Carter – not so showbiz.



Beyoncé and Jay-Z performed together at the MTV Awards. Despite being private about their personal life, the couple have worked together on five songs.



Showing off his success at the MTV Awards, Jay-Z is estimated to be worth £310 million. With that amount, he could buy 15 million copies of his new book!

It's been two years now since Beyoncé and Jay-Z tied the knot, and we have our fingers crossed for a Baby B to come along soon. Just imagine the impact that little bubba could make on the music industry!



4 CUT-OUT AND KEEP

It's one trend that gives us the shivers. While we're covering up for winter, celebs are rocking the red carpet in dresses with *entire* sections missing. From cut-out squares (Cheryl) to slices on your butt (did a dog eat your frock, Frankie Saturdays?), it requires guts. If you're not so warm-blooded, why not try this Asos dress, below? ›



Dress, £75, Asos Premium

Happy List

5 Eek-a-mouse!

Has Giles Deacon gone mad or do we love his quirky style? To lighten up his spring/summer 2011 collection, the models went down the catwalk in cartoon-print knits to complement his Moomin-style jewellery.


Giles' spring/summer 2011


Earrings, £95

Cuff, £395


Pendant, £130

Jewellery by Giles available from Selfridges, www.selfridges.com, and Harvey Nichols, www.harveynichols.com



6 BOYISH BEAUTY

Girls around the world are ditching their hair extensions in favour of styles with a more androgynous edge... And, boy, do we like it! But before your hairdresser selects the skinhead mode on their clippers, take inspiration from clever celebs like Heidi Klum who, with a healthy dollop of wet-look gel and a couple of well-placed hair clips, has achieved the on-trend look *sans* scissors. Phew!

7 Designer wellies

The winter months are all about rain, rain and more rain, but that doesn't mean you have to sacrifice style. If you're feeling flush, invest in a super-duper, look-at-me pair of wellies for the next downpour. Jimmy Choo, See by Chloé and Hunter have all produced top-notch rain boots you'll be dying to show off, whatever the weather... ›

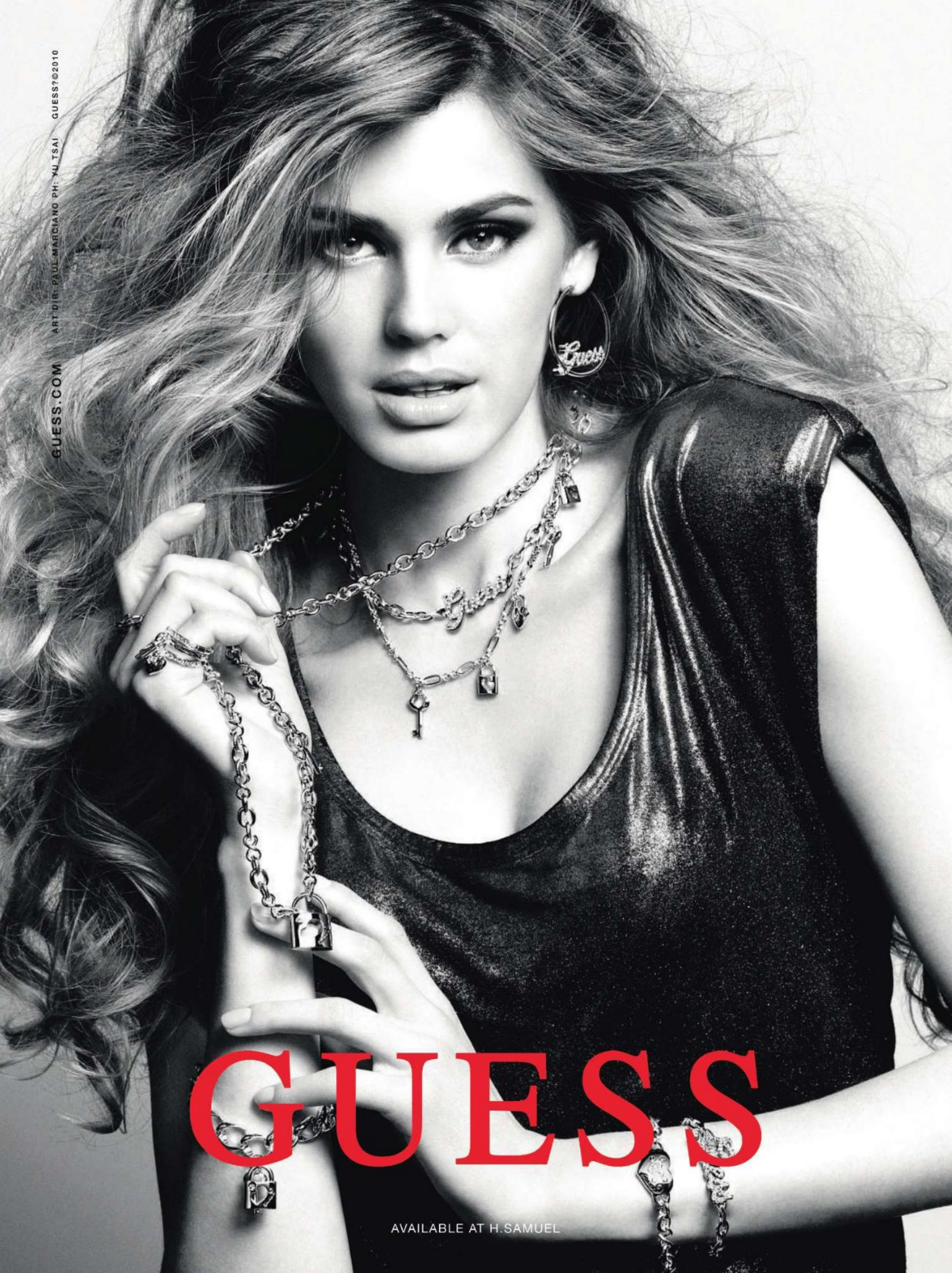


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8

HEAVY METAL FOR DOGGIES

You may have noticed we're canine crazy on *Cosmo* at the mo, but how could we resist DSquared²'s Dog Capsule Collection for designer doggies? This studded collar and lead (£190 for the set) is sported by designers Dean and Dan's favourite pooch, Mug! All proceeds go to Much Love Animal Rescue. Available from www.yoox.com.



9

♥ YOUR CURVES

The lesson to learn from Christina Hendricks is to embrace your curves. Here are three ways to do just that on a high street near you…

1) Sculpt your booty with a pair of Levi's Curve ID jeans, £80.

2) Buy the new '2 sizes bigger' push-up bra from M&S, £22.

3) Go to John Lewis for a free 'Curvy Consultation'.



Cosmo's Jacqui joins the campaign. Visit www.cosmopolitan.com/fff and star in your very own photoshoot too!

10

Join the fun, fearless force!

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PS SO RIGHT

THE DOUBLE 'DO



Can't decide between slick hair or tousled? Fret no more! The hottest 'do of the day works smooth on top and wild at the ends. Crazy, but it *so* works.

SO WRONG

FROSTBITE CHIC

We're all for bold lips, but when it starts to look like you're suffering from hypothermia, or your mouth's gone mouldy, it's time to step *away* from the lippy. Best to bin the blues and stick with classic tones. ◆



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Cosmo Upfront

IF IT'S HAPPENING, IT'S HERE

BY CLARE SMITH. PHOTOGRAPHS INF PHOTO, SPLASH NEWS, GOFF PHOTOS, FEATURE FLASH, SNAPPERS, CAPITAL PICTURES, XPOSUREPHOTOS.COM, LANDMARK MEDIA, PA PHOTOS, PACIFIC COAST NEWS

STARS WHO ROCKED MILITARY CHIC...

Strong and sexy, these ladies demand Attennn-tion!

Alexa Chung rocks the colour of the season. We salute you!

Jameela Jamil goes all-out army chic with a dashing military cap

Sarah Jessica Parker, is there any look you *can't* work? Clearly not!

Donna Air is a force to be reckoned with in Burberry lime green and khaki

Drew Barrymore keeps it simple and chic with a Balmain belt

Frankie Sandford has the cuter side of the trend licked

Nicola Roberts

Nicola Roberts looks stunning in the Navy

... and SHOCKED IT!

Dressed to kill? More like overkill, **Paris Hilton**

We love you, **Myleene Klass,** but military-meets-geek is a step too far

***Jersey Shore*'s Snooki** tries to look the bomb in camouflage... but fails


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What's sexy now SCARLET FEVER!

Seriously sex it up in one of these red-hot statement dresses



Unleash your wild side like **Dita Von Teese** by mixing in animal print

Holly Willoughby: simple, stylish, with va-va-voom heels!

Jessica Biel, as always, shows us how to do statement-chic

Kelly O is rocking her new figure in an asymmetrical mini

Alexa Chung goes all Liz Hurley with safety-pin detailing on this hot number by Versus

A lesson in understated embellishment by Jason Wu from **Diane Kruger**

A halter-neck is the perfect way to show off shoulders. **Ashley Greene** looks fab!

BY NATASHA GUIOTTO. PHOTOGRAPHS GETTY, XPOSUREPHOTOS, SPLASH NEWS, RETNA, SOLARPIX. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*

What's sexy now

SIXTIES CHIC

This month we're embracing retro beauty

ALEXA CHUNG

DIANA VICKERS

FEARNE COTTON

CAREY MULLIGAN

JANUARY JONES

JENNIFER LOPEZ

SOPHIE ELLIS-BEXTOR

GWYNETH PALTROW

KIMBERLEY WALSH

LO BOSWORTH

ANGELINA JOLIE



LIQUID LINER

Nothing screams Sixties makeup like a slick of liquid liner. Try **Collection 2000 Extreme 24 Hour Felt Tip Liner in Black, £2.99** or **Bourjois Liner Feutre in Ultra Black, £5.99.**



MATT POUTS

Try shine-free lips. For Kimberley's frosted pink, choose **Barry M Lip Paint in Marshmallow, £4.25** (1); for Lo's pretty pink, opt for **Make Up Academy Lipstick in Shade 3, £1** (2), or for Angelina's nude shade, try **Mac Lipstick in Myth, £12.50** (3).

HIGH HAIR

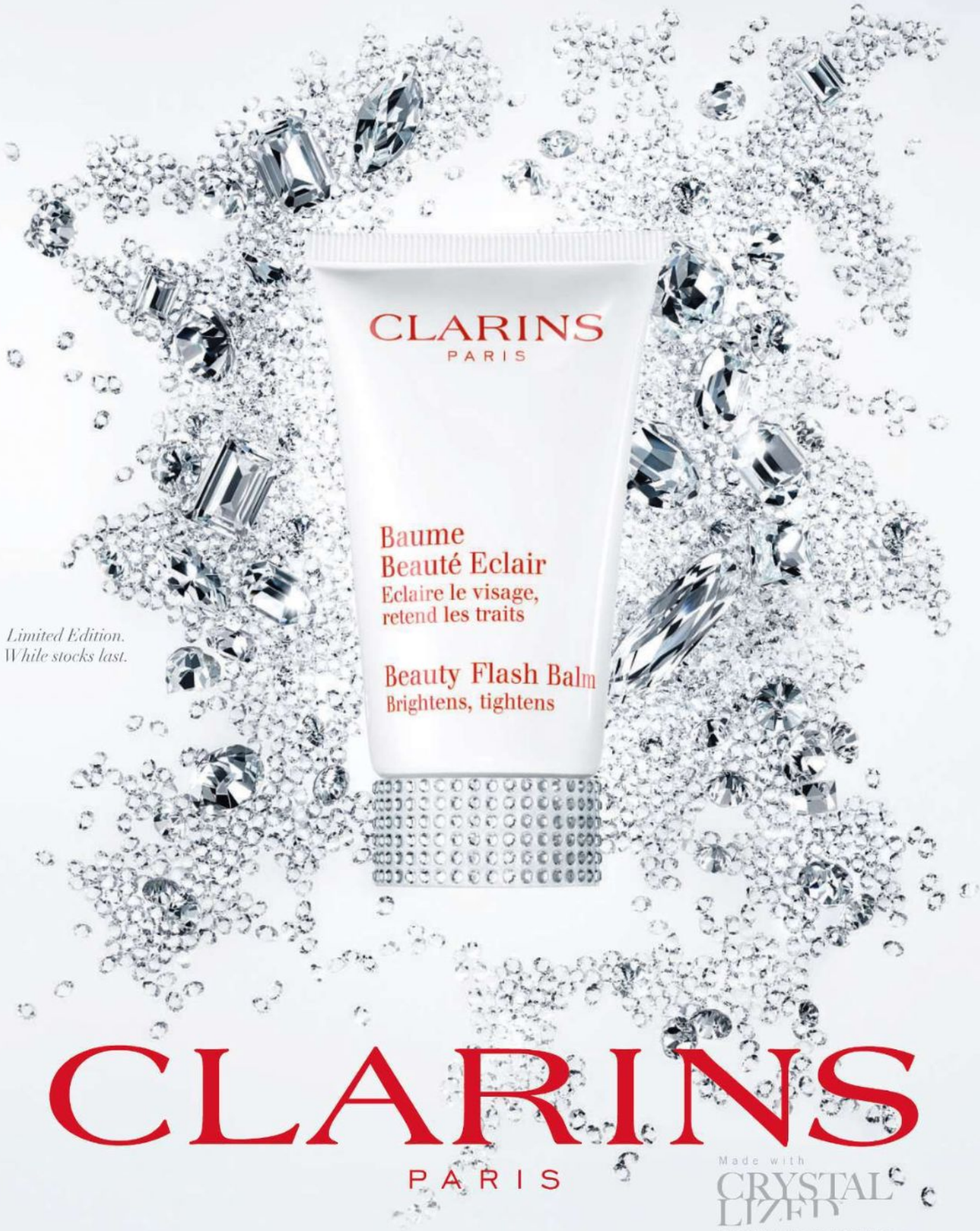
For a serious up-do, "Backcomb hair at the crown and apply some spray gel at the roots," says Karine Jackson of Herb UK. "Twist your hair up into a bun, pin at the back and spritz with hairspray for hold." Try **Organic Glam Spray Gel, £8.95** and **Umberto Giannini Rock 'n' Roll Extreme Hairspray, £5.49.**



BY PHILIPPA CHAPMAN. PHOTOGRAPHS CAPITAL PICTURES, INEVENTS.COM, FILM MAGIC, GETTY, PACIFICCOASTNEWS.COM, PHOTOSHOT, PRESS ASSOCIATION, WENN, XPOSURE. STILL LIFES STUDIO 33. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*

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Everyone's TALKING ABOUT...

Cosmo's guide to this month's hottest sounds, books and films

... BOYS VS MEN



JLS prove they're as brave as they are hot as they battle heavyweight man-band Take That in the charts. We can barely contain our excitement as *both* release albums on 22 November. And with JLS up against a full-force Take That (now including Mr Robbie Williams) we were keen to see if it really is a case of boys against men. After hearing Take That's offering we were unsure JLS would measure up – packed with huge tunes worthy of a James Bond theme, TT have outdone themselves. The lyrics in *The Flood* are so deep they could even move Alan Sugar. But then turning up the volume on JLS' album, *Outta This World*, it's impossible not to dance to it. Stand-out track *That's My Girl* has an effortlessly cool R 'n' B flavour that we totally heart. Both are absolute musts for your iPod. (Find out what JLS think about women, love and lucky pants on p.133).

... HARRY CHRISTMAS

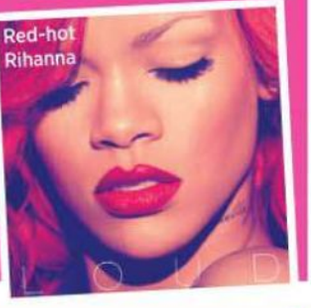
This year marks the seventh outing for everybody's favourite boy wizard with the release of part one of *Harry Potter And The Deathly Hallows* (part two is due next year). Christmas just wouldn't feel the same without him – and this time, Harry, Ron and Hermione embark on their final battle against Lord Voldemort. Okay, so it's not exactly aimed at us, but we love it anyway – and now the cast are all grown up, there's definitely some hottie-spotting to be done...


Specs appeal: Daniel Radcliffe



... Nadine's sex factor

Considering she was the innocent one in Girls Aloud who couldn't even dance in the auditions (remember?) this lady has turned it up. Nadine Coyle flaunts her sexy, feminine side in new album *Insatiable* (out 8 November). With saucy lyrics like, "My body is yearning to give you more" in powerful track *Red Light* and singing about raunchy love affairs, she's hotter than ever. Nadine isn't the only one flaunting her sex factor in the charts this month. Rihanna's new album *Loud* (out 15 November) is also sure to grab you by the ears. With tracks including *S&M* and *California King Bed*, it seems like our pop princesses from both sides of the pond have only one thing on their minds.


Red-hot Rihanna

BY JACQUI MEDDINGS AND ROSIE MULLENDER. PHOTOGRAPHS REX FEATURES, PLANET PHOTOS

BOOKS TO GET YOU IN THE FESTIVE SPIRIT

If you want a cosy Christmas book in your stocking, now's the time to start dropping hints. Here's our pick of the best festive reads...



1 *Comfort And Joy* by India Knight (£14.99, Fig Tree)

This fabulous book from the author of *My Life On A Plate* follows Clara Dunphy across three Christmases as she faces up to friends' crises, family dramas and her own tattered love life. Laugh-out-loud funny, moving and as cuddly as Santa Claus, this is perfect for snuggling up with over the Christmas holidays.



2 *Mini Shopaholic* by Sophie Kinsella (£18.99, Bantam Press)

If you haven't yet caught up with Sophie Kinsella's latest number-one best-seller, this brand new Christmas edition is the perfect yuletide read. Becky Brandon's insatiable thirst for shopping hasn't been dimmed by motherhood – but she finds that her two-year-old daughter has a *very* different approach...



3 *Walking Back To Happiness* by Lucy Dillon (£6.99, Hodder & Stoughton)

Adjusting to being suddenly single, Juliet finds comfort in walking her neighbour's dogs. Suddenly becoming the keeper of all sorts of town secrets, the one person whose life she's not helping put back together is her own. But what if she falls in love again? Warm, fluffy and fun.


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PS

For more affordable vintage-vibe bling, check out Freedom at Topshop, Accessorize, Jon Richard and Talullah Tu.

BY SHELLY VELLA. PHOTOGRAPH PETER JOHN MORGAN. MODEL ELLA. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*

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'My fiancé died on our wedding day'

Karen Taylor thought it was going to be the happiest day of her life... and then the unimaginable happened



Chris and Karen in the months leading up to their wedding day

"I met Chris in 2006 at a mutual friend's birthday party, when I was 24 and he was 26. He walked in alone, and people were yelling 'Raynor!' (his friends called him by his last name). I leant over to my best friend, Shannon, and asked, 'Who is that?' Instead of answering, she grabbed his arm as he walked by and said, 'Raynor, this is Karen.'

"We stood in the middle of the room and talked and talked. Later, we all went out to a bar, and Chris and I sat next to each other, still talking. He invited me to his place, and I ended up staying over. The next morning he served me blueberry pancakes with sausage, eggs, orange juice and coffee. I knew right away that he was very special.

"We had dinner that evening with a group of friends, then I had to go home – about a five-hour drive from Raleigh, North Carolina, where Chris lived and worked for a construction company. We started visiting each other every weekend. I had already been looking for a job in Raleigh and, in March 2007, one came up. I moved in with my friend Abby in June.

"There were some rough patches at first. I was adapting to a new city, a new job, and what felt like a new relationship, since we'd been long-distance for the first six months. I'd periodically get anxious and overwhelmed. After a while, he joked about it – he knew it was only a matter of time before I'd calm down.

"By the middle of 2008, we'd moved in together. Chris proposed that November. He'd shopped for the ring the day before with his parents. He lit all the candles in the house and then got down on one ›

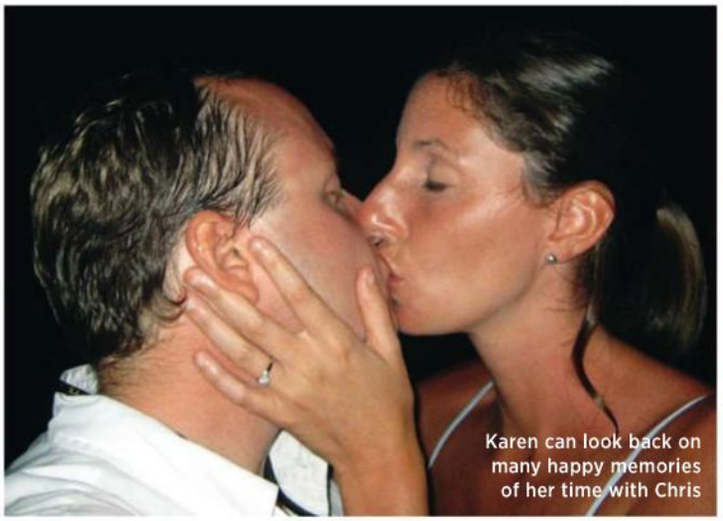
knee and proposed. I didn't hesitate for a second.

Our big day

"We spent months planning the wedding. Chris loved Van Morrison's *Someone Like You*, so it was to be our first dance. The last line of it is 'The best is yet to come,' and I had those words inscribed on the inside of his wedding band.

"The day before the wedding, on Friday, 11 September, we gathered at the church for a run-through. Our photographer took pictures, and those photos still take my breath away – we look so happy. In some ways, I feel like we were married that night.

"At the rehearsal dinner, Chris said I was the strongest woman he'd ever known and that he was so looking forward to spending the rest of his life with me. Then he played a slide show he'd made of our lives so far. I've watched it countless times since. We said goodbye that night; I was staying at a hotel with my bridesmaids, and he was at our apartment with his best man, Tommy.



Karen can look back on many happy memories of her time with Chris

'I ran into A&E still wearing my veil and pearls'

Chris's last words to me

"I was up at 7am to get my hair done; the ceremony was at 11. Chris sent me a text that read '*Yay!*' and I responded, '*I love you so much.*' He wrote back, '*I'm so ready.*' Those were the last words we ever exchanged.

"Back at the hotel, Kelli, one of my bridesmaids, handed me a gift from Chris: a strand of pearls and a pair of pearl earrings. Kelli, my other bridesmaids who were there, and I poured bucks fizz to toast. After two sips, my phone rang – it was Joanne, Chris's mum. She'd just heard from his best man that they'd been in a car accident, and she was going to hospital. I immediately felt numb and confused – this couldn't be happening.

"Abby called the hospital, and when the nurse wouldn't release any information, I grabbed the phone and said, 'I'm in my bridal veil getting ready for my wedding, and I need to know whether I should be standing here in my hotel room or whether I should come there.' She told me to come. I went cold with shock. My bridesmaids and I drove to the hospital in complete silence.

"I ran into A&E still wearing the veil and pearls I'd been trying on. I saw Joanne and ran to her, and she said, 'He didn't make it.' I just fell to my knees. I couldn't cry or think.

"The doctor asked if anyone wanted to see Chris, and I said I did – in a weird way, it felt like I had to see that he was OK, even though he wasn't. I needed to touch him. Except for a bandage around his head, he looked perfect.

"The two friends who had been with him, Chad and Tommy, told me what had happened: Chad was driving them to get breakfast at about 7:30am; Chris was in the back seat. They were blind-sided at a junction – a driver ran a red light and Chris was thrown out of the car through the side window. Doctors said he was killed instantly.

"Chad and Tommy were Chris's two closest friends, and though it's terrible that they'll have to live with that day forever, if I could have handpicked any friends to be with Chris at the end, it would have been them.

"By the time I said goodbye to Chris, it was 10am, and people were about to start showing up at the church. I went there with my bridesmaids, still in my khaki shorts and flip-flops, and we began telling people as they arrived. Meanwhile, my aunt had called the church and started arranging for a memorial service in place of the wedding.

"I told the priest I couldn't face staying, but he said I'd regret it if I left, and he was right. At the end, I suddenly decided I wanted to speak. I felt such strength and power when I started talking. It felt very surreal but also very healing.

"I told everyone how lucky we all were to have known Chris and to have had the previous evening together so that he knew how much we loved him. I walked down the aisle feeling like I had accomplished something huge.

"We stopped at the restaurant where we were going to have the reception. I looked at the white tablecloths with no flowers on them and thought, 'This is the worst thing I've ever seen in my life.' Lots of friends and family were there, but they all seemed very far away. I just felt so exhausted and alone.

"My mum slept next to me at the hotel that night. I kept telling myself everything would be OK. And then it started sinking in: no, it's not OK. I woke up the next morning and it was all real again. I went home, put on a pair of Chris's boxers and his T-shirt, and just lay there for a couple of days. People called, e-mailed. I didn't answer; I just listened to the voicemails coming in.

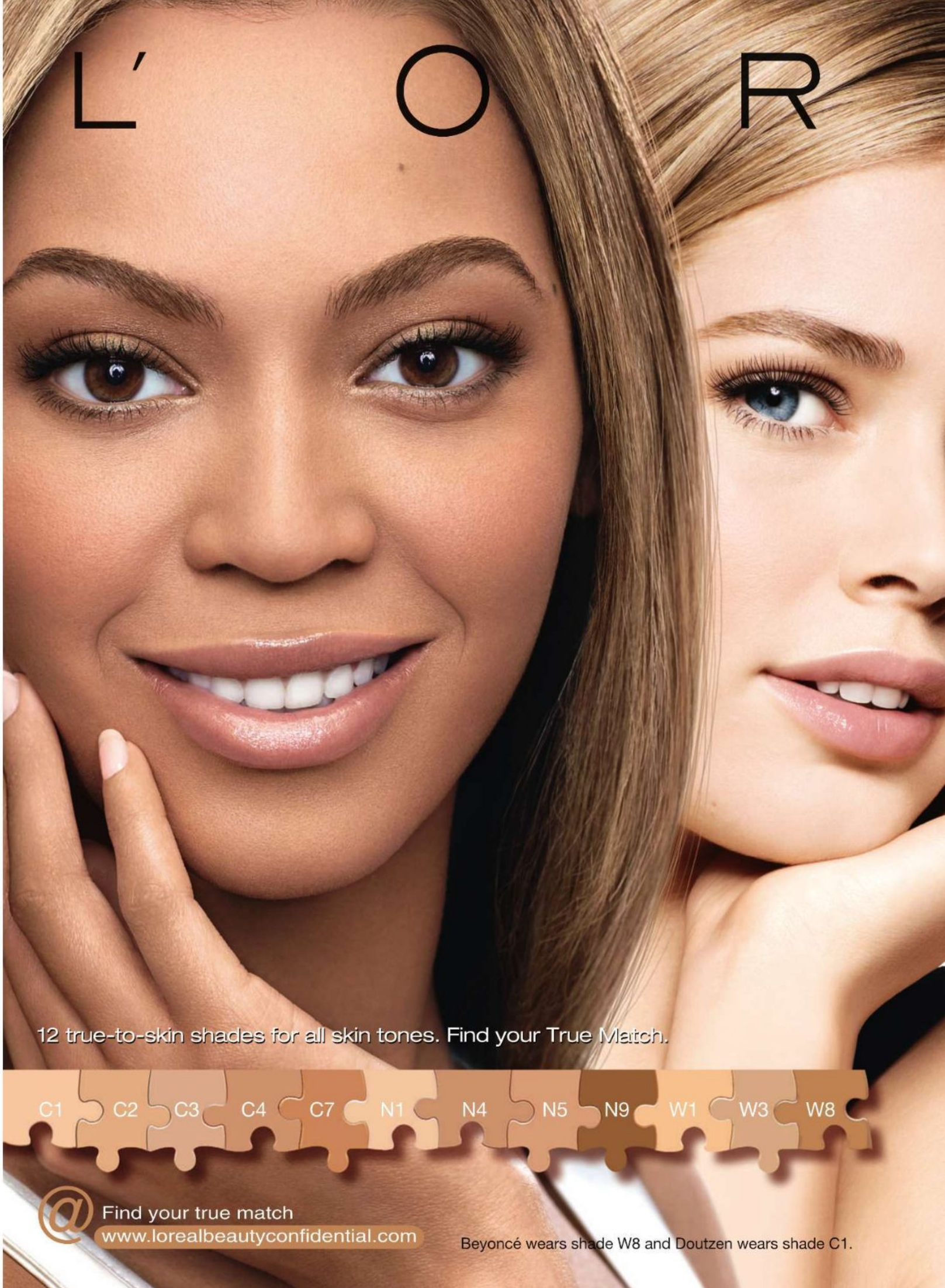
Moving on... alone

"As the weeks went by, there were days when I was kind of OK… and days when I was a complete mess. I didn't want to shower, get dressed, or do anything; I just wanted to sit there and cry. I spent a lot of time with Chris's parents, speaking to them every day. We met with the other driver and his family, and they were completely shaken and heartbroken by what had happened. He hadn't been drunk or on his phone, and we didn't feel bitter towards him; it was an accident. Nothing was going to bring Chris back.

"Now that several months have passed, I need to make some changes. It's very hard still living here, so I'm thinking of moving and making a fresh start. But I can appreciate how knowing and loving Chris has changed me. I'm going to let life run its course, I'm not going to live like I always have a plan… because plans obviously don't always work out. Chris helped me become the person I wanted to be and strive to be: more accepting and open. Every day, I want to live in a way that would make him proud – and that means making myself happy." ◆

AS TOLD TO MICHELLE STACEY. PHOTOGRAPHS ISABEL ASHA PENZLIEN. HAIR AND MAKEUP ELAINE HARRISON


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"There's more to life than hair but it's a good place to start."

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Confessions

Your juiciest secrets this month

Commute crisis

When bad things happen between your bed and your desk



Jen suddenly remembered the drunken 2am text she'd sent to her boss

Cycle display

"I usually get the bus to work, but last summer I decided to get fit and cycle. One morning I woke up late and left the house in a rush. I'd been cycling for a few minutes when I started to get self-conscious as so many cars were beeping their horns at me. I tried to ignore it but when I got to work I was greeted by my colleagues' gasps and whoops. That's when I realised to my horror that my skirt had been tucked into my knickers, displaying my greying granny pants for the whole journey. After that, I packed away my bike and haven't used it since!"
Lorna, 22, *teaching assistant, Liverpool*

Wakey wakey

"My bus takes over an hour to get to work in the morning, so I usually use that time to get some extra shut-eye. One morning, after a rather late night, the bus was so busy that the only free seat was the middle seat at the back. I soon dozed off – until I was rudely awoken by being pitched into the air as the bus came to a sudden stop. I landed halfway down the aisle, skirt around my waist, in full view of everyone. I was so embarrassed, I pretended the next stop was mine, leapt off, and had to wait ages for the next bus – complete with a bruised knee and an even more bruised ego."
Sarah, 23, *teacher, Bristol*

What goes down...

"I usually avoid midweek drinking, but last Christmas I overindulged on the free alcohol at my boyfriend's office party. I woke up with a terrible hangover, but I got up for work and managed to drag myself, head pounding, onto the bus. It was crowded, and the combination of the heat and the lurching of the bus was making me feel really queasy. All of a sudden, I knew I was going to be ill – and realised that the only thing I had to catch it in was the plastic carrier bag I was holding. As if being sick in front of a bus full of strangers isn't bad enough, I then realised the bag had holes in it, and everything was dribbling out of the bottom. I had to hold it until I eventually got off the bus and found a bin. No more drinking on a school night for me..."
Anne, 25, *secretary, London* ›

Read more *Cosmo* readers' confessions at WWW.COSMOPOLITAN.CO.UK/COMMUNITY/CHANNEL

Blunder Woman

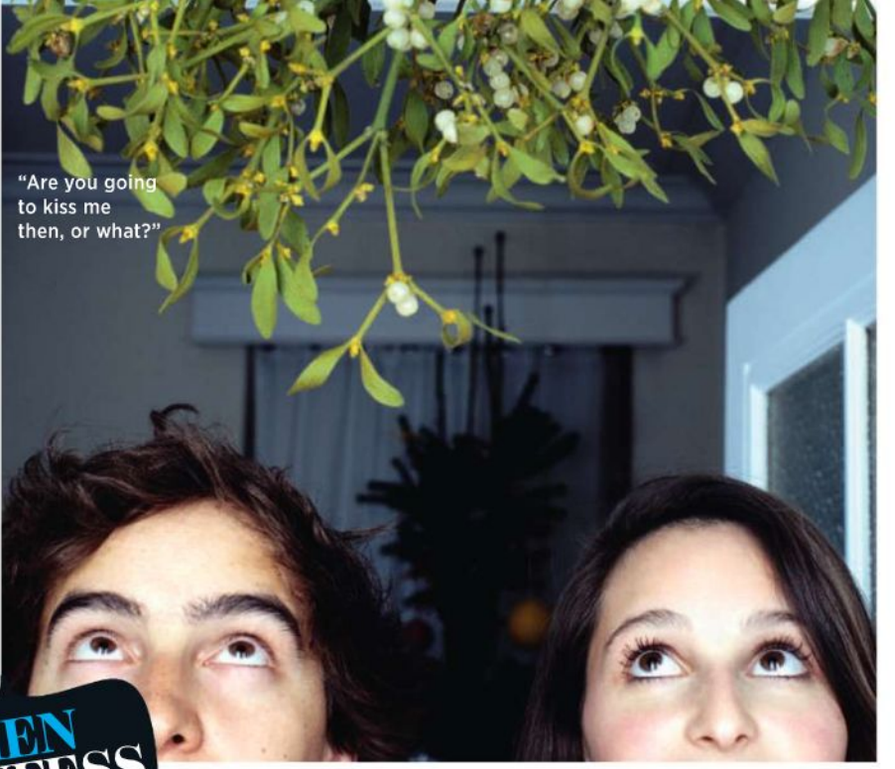
"I woke up really late for work one morning and had to rush to the tube station. Luckily, there was a train waiting on the platform but, as I approached it, the doors started to close. Desperate not to miss it, I threw myself through the gap. Unfortunately, I was a bit overenthusiastic, and ended up on the floor of the carriage looking like I was trying to be the heroine in an action film. The worst part was that no one acknowledged what had happened, so I had to get up and shame-facedly shuffle across the carriage to get to a seat… while everyone just stared."
Susie*, 22, *trainee nurse, London*

In a spin

"I was driving to work one morning and was going to drop off my friend en route. She works in a retail park where there's a very confusing set of roundabouts. I got in a fluster and pulled out onto one, only to hear my friend scream, 'You're going the wrong way round!' As I screeched to a halt, the other drivers started beeping and shouting. Then I tried to reverse, but made things worse as the queue of cars got bigger and bigger. Now bright red, I dropped my friend off at the roadside and then had to pass all the drivers, who were still shouting at me. That's the last time I give anyone a lift to work."
Claire, 19, *retail assistant, London*

Talking dirty

"I only live five minutes from work, so I usually walk in to get some fresh air and exercise. Part of my route is through a park, and one morning before a big presentation, I felt something wet land on my head and back. To my horror, a pigeon had pooped all over me and my clean suit. And with a meeting starting in 10 minutes, I had no choice but to continue on to work. My colleagues looked disgusted when I arrived – especially my boss, who always looks immaculate. And despite a few minutes of frantic scrubbing in the toilets, I had to do my presentation covered in bird poo. That was without a doubt the most uncomfortable day of my life."
Michelle*, 22, *PR, Manchester*



"Are you going to kiss me then, or what?"

MEN CONFESS

All I want for Christmas is you

When his festive attempts at wooing you don't go to plan

Frozen out

"I'd been on a few dates with a girl I fancied when I decided to surprise her by taking her on a mystery date to an outdoor ice skating rink. But when we got there, she seemed uneasy and said she was really nervous. I told her it was really easy – but she just couldn't stop falling over. After the umpteenth fall, she twisted her ankle, got soaking wet in the process and limped off home. So ended my Christmas romance. Fail!"
Mike, 21, *student, Cardiff*

Getting the needle

"My girlfriend and I moved in together last year, and we were looking forward to our first Christmas in our new flat. I decided to surprise her by decorating it. I bought a huge Christmas tree, and covered it in lights and baubles. But as soon as she got home, she started sneezing and her eyes began to stream. It turns out she's allergic to Christmas trees, and I had to spend the rest of the evening taking the thing down and being in the dog house for not knowing about her allergy."
Dave, 25, *sales assistant, Bristol*

Present tense

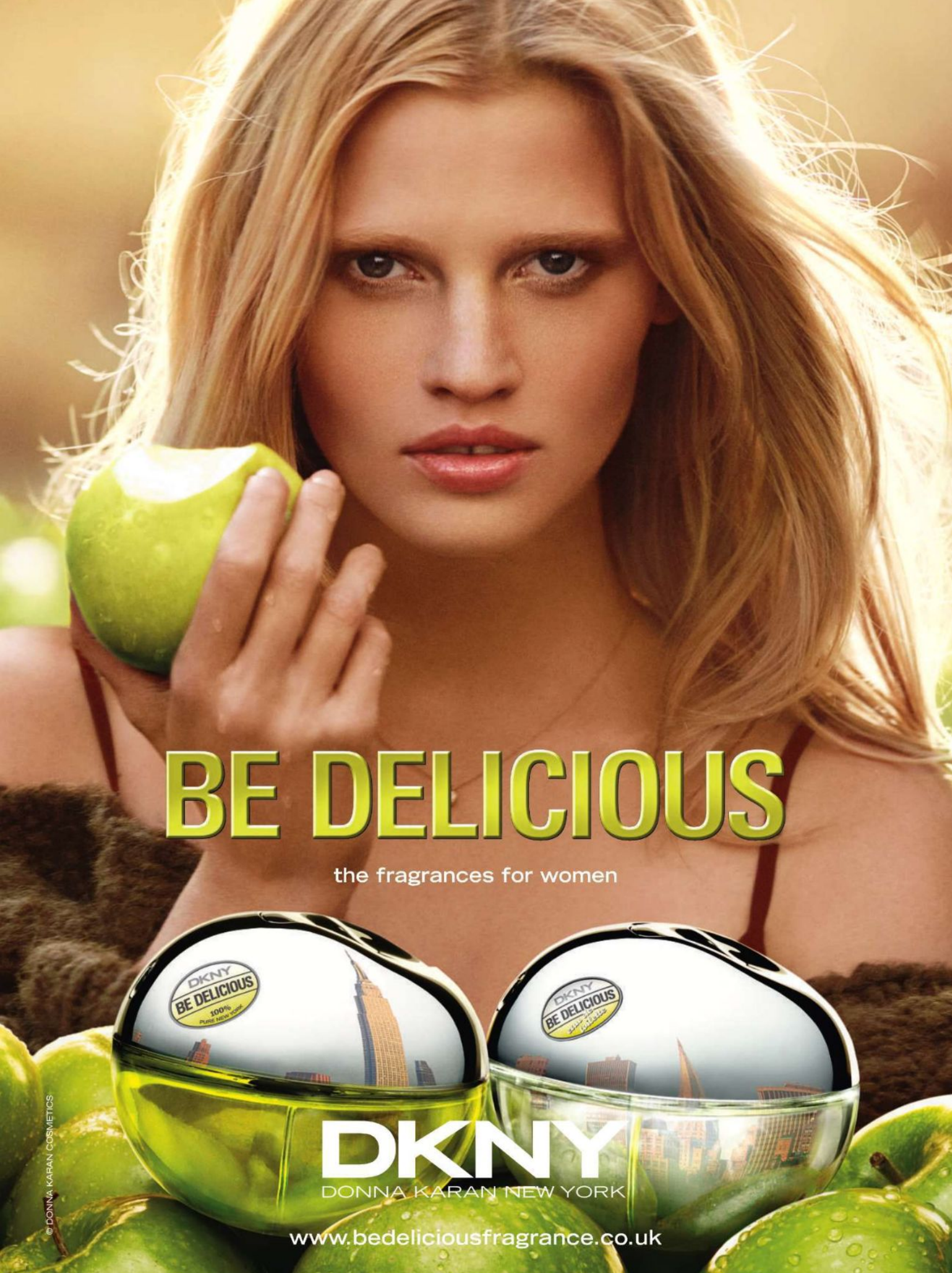
"I wanted to impress my girlfriend's family by getting them nice Christmas presents. I bought her mum and sister some gift vouchers with funny cards saying, '*You can buy your own presents!*' I thought it was odd that I hadn't heard anything back until a few days later, I was clearing up my room and found the cards among a pile of wrapping paper. They must have thought I'd rudely blanked them on the present front. Luckily, they were pleased when I finally handed them over…
Paul, 25, *mechanic, Bristol*

Smashing time

"I'd been flirting with a colleague for ages, and at our work party I thought I'd impress her by buying a bottle of champagne. Fifty quid lighter, I was walking back to our seats when I tripped and went flying. Not only did my nose begin to pour with blood, but I spilt the whole bottle of champagne and smashed our glasses. My colleague ran over to see if I was OK, but you could tell by her face I'd blown it. She left the company the following January, and – unsurprisingly – I've not seen her since."
Ben, 26, *accountant, Cheltenham* ◆

Share your commuting calamities at WWW.COSMOPOLITAN.CO.UK/COMMUNITY/CHANNEL

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THE GREAT COSMO Sex Quiz

Discover your unique sexual fingerprint...

Finding out what makes you tick sexually is crucial. Do you want sex for its own sake or are loving cuddles that come with it more important? "Our impulses are driven by a primitive part of our brain," says Marnia Robinson, author of *Cupid's Poisoned Arrow*. "It sends signals your rational mind isn't aware of." So you may fantasise about sex with a stranger but have no idea why. Want to know your secret sexual psyche? A few telltale tests will reveal all…

PART 1

How good are you in bed? Answer these questions – devised with help from sexpert and behavioural psychologist Jo Hemmings – and find your raunch rating...

PART 1: TEST 1

WHAT'S YOUR SEXUAL IQ?

Don't think about the questions too much – just go with your instincts.

1 Which of these is the clearest sign that two people are having an affair?

- They mirror each other's movements
- They can finish each other's sentences
- They drink from each other's glasses

2 Where's the best place to reach out and touch a new friend if you want to reassure them?

- Between their elbow and shoulder
- Their hand
- Their shoulder



3 **What's the best way to boost your orgasm during sex?**
- Regular DIY sessions
- Focusing on having multiple orgasms
- Doing it CAT-style (coital alignment position)

4 **Which of these 'giveaways' would make you think someone's lying?**
- They avoid your direct gaze
- They bow their head
- They touch their nose and face a lot

5 **Which of these bedroom props appeals most to the average guy?**
- A mirror
- Scented candles
- Your new vibrator

6 **At what time of the month is your sex drive likely to be at its highest?**
- Just before your period
- Just after your period
- Mid-cycle

RESULTS

Score 2 for every ◆
Score 1 for every ❤
Score 0 for every ●
Now multiply your score by 15 to get your sexual IQ.

SEXUAL IQ SCORE _____

HOW THE TEST WORKS

It tests your instincts. Reaching for someone's glass is a sign they're comfy sharing bodily fluids – and our shoulders are so close to the face that we tend only to let lovers touch them. The CAT position increases a woman's orgasm by 56%, compared to 23% for those who masturbate more often. "A liar will avoid your gaze, while touching the face or looking away can be a sign of nerves – not lies," says Jo. A mirror is men's preferred sex prop – "Men get turned on by what they see." And we're likely to get a libido lift just before our period.

PART 1: TEST 2

PICTURE PASSION

Look at each of the images below and write whatever four words come to mind.



_____
_____
_____
_____



_____
_____
_____
_____



_____
_____
_____
_____

RESULTS

For a word that describes what you see, eg, 'pink', score 1. For words that describe what you hear, smell, taste or touch, score 3.

SCORE _____

HOW THE TEST WORKS

"This shows how sensuous you are," says Jo. Good sex is about *all* your senses. You might lean towards one, so try to develop the others. Try flirty talk if you haven't mentioned sound, or use feathers or ice if you tend to think more about what you see than what you feel.

PART 1 RESULTS

Now find out your total score by adding together your SEX IQ with your TOTAL FROM TEST TWO:

_____ + _____ = TOTAL SCORE _____

0-60 points — Sexy student

Your anxiety means you haven't reached your full sexy potential – so don't stress about having sex. "Would-be lovers probably pick up on your self-consciousness," says Jo. But relax – you're about to crank up your sex factor with just a few simple steps.

* **Kill climax concern** Focus on the sensations you're enjoying at each moment during sex rather than what he's thinking or how long it will be until you orgasm.
* **Copy confidence** When you talk to people, relax your arms, prolong eye contact and touch them on the arm. "The good news," says Jo, "is you only have to copy the body-language cues in this test to start giving out sex-siren signals. When you do, you'll get more attention so you'll feel sexier."
* **Boost your sensuous skills** When eating out, savour the fragrance, texture and flavours of really gorgeous food, and then translate that into enjoying all the build-up and gentle touches that lead up to sex.

61-150 points — Sex savvy

You're confident and have great sexual instincts, but a few changes to your sexual menu could make your love life spectacular.

* **Plan the passion** Dream up ways to stimulate all five senses in the bedroom. Introduce a few sexy surprises – from feathers to massage oil.
* **Boost your body language** Watch the way other couples and friends interact. Look at the way other girls move when they're flirting, noticing what works and what doesn't – then try it yourself.
* **Do some raunch research** Ask your male friends what makes a woman seem sexy when she walks across a room. Now try it.

150+ points — Sex guru

Something about you just shouts 'sexy'. You're relaxed, confident and tactile. But even if great sex comes naturally to you, a little effort could make it spectacular.

* **Try the double dipper** Go for a blended orgasm, with your man (or you) massaging your clitoris as you near climax during sex.
* **Be game** Dressing up and dirty talk can be a great way to reinvent your persona.
* **Try a sex ban** Boost your anticipation levels with an enforced sex drought (you set the time limit). Kissing and touching only is allowed during this time. Tough – but the sex afterwards will be explosive... ›


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PART 2

Devised with help from sex psychotherapist Rachel Foux, these questions reveal your hang-ups

PART 2: TEST 1

TAKE YOUR SEXUAL TEMPERATURE

Which of the following do you feel comfortable doing? For all the ones you *don't* tick, score that symbol.

- ♥ Standing up on stage
- ♦ Sitting with your back to the door
- ● Air kissing people you don't know so well
- ♥ Having your photo taken
- ● Talking to someone who has just been through a crisis
- ♦ Having your hair and makeup done
- ♥ Swimming
- ● Someone touching your hair
- ♦ Going on a surprise trip

SCORE _____

HOW THE TEST WORKS

"If you love swimming or being on stage, you're confident about how you look," says Rachel. "If you're happy with people in your space, touching your hair or discussing emotions, you're relaxed about intimacy. If you don't mind someone doing your hair and makeup, and don't fret about having your back to a door, you don't need to stay in control – in your daily life or the bedroom."

PART 2: TEST 2

SECRET SCRIBBLES

In the space below, draw a man and woman in detail. Then look at the statements and tick the ones that apply to either of your drawings.

- ♥ Closed or crossed arms
- ♥ Sunglasses or lipstick
- ♦ Large or open mouth
- ♦ Teeth
- ● No ears
- ● Small or straight-line mouth

SCORE _____

HOW THE TEST WORKS

The woman represents how you see yourself; the man what you don't like to admit about yourself. A large or open mouth, and too-large or too-small feet are signs you're insecure. Crossed arms or anything covering the face shows a need to protect yourself. Teeth shows frustration. If you didn't draw ears, or if the mouth is closed, you shut people out.

PART 2: TEST 3

REVEAL YOUR SECRET SEX FEARS

Take a look at these ink blots and write down all the different things you see.

1



I see… _____

2



I see… _____

3



I see… _____

If you saw an animal, scary face or mask in image one, score ♥♥
If you saw a knife or sword in image two, score ♦
If you saw a monster, alien or robot in image three, score ♦
If you saw no people or faces in any of the images, score ●●

SCORE _____

HOW THE TEST WORKS

Image one is associated with a vagina. Seeing a butterfly means high self-esteem. A scary face or animal shows you're not comfortable with your sexuality. Image two is linked to a penis, so a weapon shows you're scared of sex. For image three, an alien, robot or monster shows hostility towards authority. If you didn't see faces, maybe you don't relate to people. If you saw random things, you're creative.

PART 2 RESULTS

Mainly ♥

You fear... he'll hate your body

Your score suggests the way your body looks is playing on your mind during sex. "You're not only missing out on enjoying yourself, but you're also making him think he's not turning you on," says Rachel. "Undress by candlelight if it helps you to relax, but when he reaches out to touch you, remember that a woman who's enjoying his sexual genius is more gorgeous to him than any supermodel. So focus on what he's doing with his hands, his tongue... If you want proof you're model material in his eyes, just see the way he looks at you."

Mainly ♦

You fear... the unexpected

This result shows that when it comes to sex, your main issues are about who's in charge. Whether you like to be the woman on top, or are just assertive in telling him what to do, you prefer to know what's going to happen, when and where. The trouble is, this can take away the fun of spontaneity. Try asking your man to surprise you some time during the next week with an unexpected quickie...

Mainly ●

You fear... falling in love

"It's not just men who are commitment-phobes," says Rachel. "Think about why you're afraid of letting someone get close to you – realising you're putting up barriers is a step towards taking them down. Spend a bit more time with male friends, so you start to open doors for deeper relationships to develop." ›

PART 3

What's your secret sexual persona? We're often completely unaware of what makes us tick sexually. But these questions, devised with help from sex therapist Shabina Cummins, reveal a lot...

PART 3: TEST 1

WHAT DO YOUR FANTASIES SAY ABOUT YOU?

Without overthinking it, tick every mental image that sparks off an idea for an exciting sexy scenario you've had or would like to have...

- An open bedroom door
- A present tied with pretty string and a bow
- A candle dripping wax
- A a man getting onto a train
- A football match
- A melting ice cube
- A starry night sky
- Flower petals
- A policewoman

HOW THE TEST WORKS

The images above are strongly linked with what are known to be the most common sexual fantasies, and these are linked to three main sex personality types.

PART 3: TEST 2

WHAT ARE YOUR SEX 'TELLS'?

These questions about your life reveal giveaways about your secret sexual self...

1 What's your favourite kind of restaurant?

- Anywhere cheap and cheerful where you get served fast
- An elegant, modern restaurant where the food could be Michelin-starred
- Anywhere so long as the food is fantastic

2 If you had to choose the ideal day out with friends, where would you go?

- Somewhere outdoors and beautiful where you could sit back and enjoy the sunshine
- It would be great to try out something new and fun, like outdoor skating or a new film
- Shopping, of course!

3 You're on the beach, on holiday – what are you most likely to be doing?

- Parasailing or falling off a banana boat
- Sunbathing and enjoying a sneaky midday cocktail
- Lost in a great book, totally relaxed

4 Look around your living room – which description is closest?

- Tidy – with carefully chosen, beautiful things
- A little cluttered, with candles, cushions and odd things you've collected
- Bit of a mess really, but you don't tend to spend too much time there – you're usually out and about

HOW THE TEST WORKS

Experts say that what your home is like, where you eat and how you chill out all reveal a lot about your sexual personality.

WHICH SYMBOL HAVE YOU SCORED MOST IN TESTS 1 AND 2?

PART 3 RESULTS

Mainly

Fearless female

"You're very likely an adrenaline junkie and get a rush from new, thrilling or slightly scary experiences," explains Shabina. The images you chose in Test 1 are typical of risk-loving scenarios – the chance of someone walking in on you during sex (open door), sex with a stranger (the kind of man you'd meet on a train) and sex outdoors (under the open sky). "The problem is, you like sex served up fast and you might be missing out on the pleasure of slow, sensual sex with a loving partner."

Spice up your sex life: "Set aside a couple of hours to enjoy really slow sex – even if that means having a quickie first to take away the urgency!" says Shabina.

Perfect passion position: Try the Facing Fandango or the Lusty Lean – you'll find pictures and easy instructions at www.cosmopolitan.co.uk/cosmosutra.

Mainly

Control queen

Confused? Us too. You're very much driven by power play. Even if you love submissive fantasies, where you're overpowered by a handsome stranger, experts believe this kind of fantasy is about you being so desirable, your dream lover is unable to resist you. The same is true of fantasies involving sex with two or more men – you're so desirable, lots of men want you and that makes you sexually powerful. Women who have this kind of fantasy tend to be strong in their day-to-day life too, and are usually affluent and well-organised.

Spice up your sex life: Try a bit of light bondage with some ribbons or velvet handcuffs, but swap roles. "Go on top if you prefer being swept off your feet normally, or put him in charge if you're always the bedroom boss," says Shabina.

Perfect passion position: Your ideal is Woman On Top, but The Workout takes this one step further. You'll probably get a kick out of some more submissive positions too, like The Wheelbarrow – find them all at www.cosmopolitan.co.uk/cosmosutra.

Mainly

Sensual siren

"You might be under the impression you're a bit boring when it comes to sex. After all, you love to take your time and you probably favour sex with someone you've known for a while – because that delivers the kind of sensual experience you love," says Shabina. "However, to most guys you know, you're probably one of the sexiest women they've met. You're in tune with all five senses and can be turned on by smell, touch or sound just as easily as a well-honed six-pack." Your sexual fantasies are probably focused on unusual new sensations – the feel of hot wax, melting ice, or the velvet brush of flower petals falling softly on your skin. And your day-to-day lifestyle points to someone who enjoys the feel of sun on your skin, the taste of good food and the refreshing flavour of cocktails on a hot day. Your sensuality makes you a natural sex goddess.

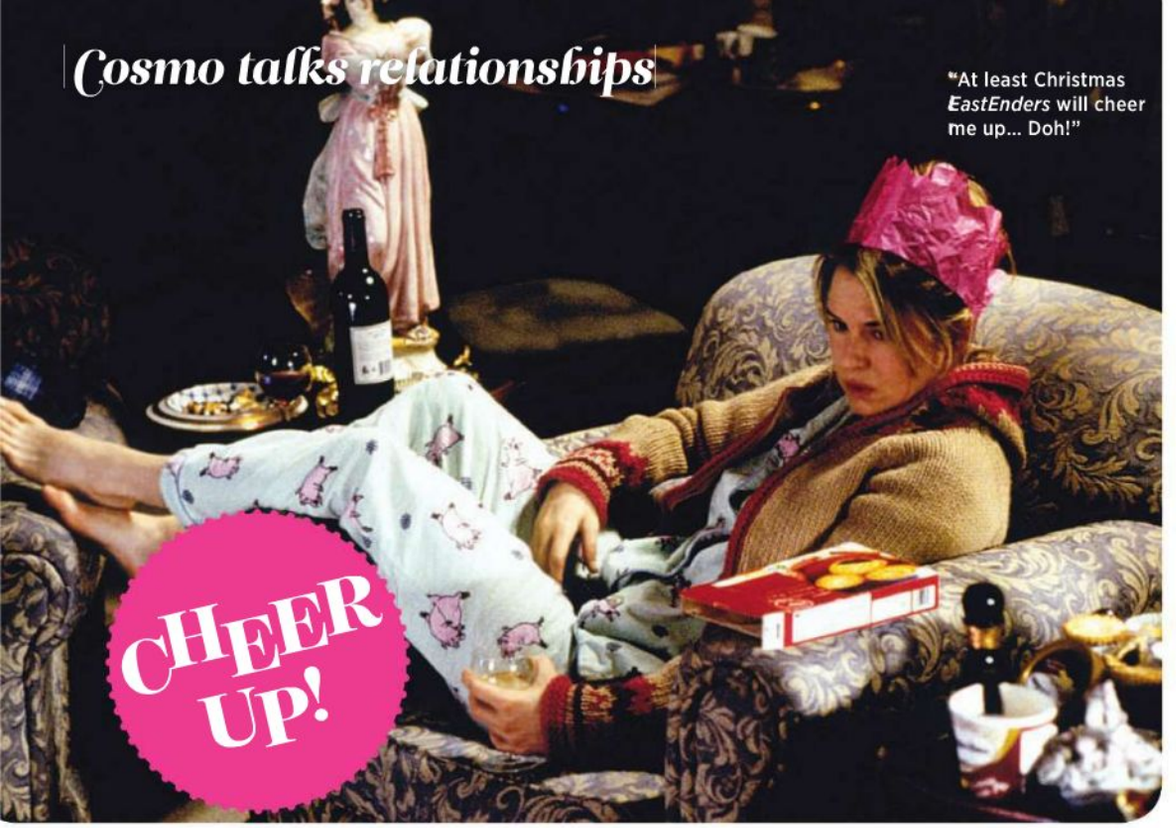
Spice up your sex life: Buy a blindfold to heighten your other senses during sex and try a pheromone-based fragrance, such as Coco de Mer's Molecule (£68).

Perfect passion position: The Sensual Spoon gives close body-to-body contact, while the Down And Dirty will stimulate the sense he most relies on during sex: his eyes! Check them out at www.cosmopolitan.co.uk/cosmosutra. ◆

Perfect your bedroom technique with oodles of tips at www.cosmopolitan.co.uk/love-sex/channel

BY VIKI WILSON. PHOTOGRAPHS EMMA BROWN. HAIR AND MAKEUP VICTORIA BARNES. STYLING JARED GREEN. HER: UNDERWEAR, PLEASURE STATE. HIM: PANTS, M&S. *CUPID'S POISONED ARROW: FROM HABIT TO HARMONY IN SEXUAL RELATIONSHIPS* BY MARNIA ROBINSON (£15.99, NORTH ATLANTIC BOOKS). FOR MORE FROM JO HEMMINGS, VISIT WWW.DATINGCOACHES.CO.UK. *HOW TO HAVE GREAT SEX* BY JO HEMMINGS (£9.99, VERMILION). WITH THANKS TO RACHEL FOUX – WWW.RACHELFOUX.COM


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IT'S COOL TO BE SINGLE THIS CHRISTMAS

It's easy to get maudlin as a Christmas singleton but, as Katy Regan explains, The One could be just around the corner...



I once believed The One would just appear, as if by magic – because every girl finds him in the end, right? But lately, I've begun to wonder: Why hasn't he shown up? Although I feel like I exist in a sea of loved-up couples, the reality is 31% of us are single – a figure predicted to rise to 40%. But despite this, every six months or so, my single status sends me into a blind panic.

So, when I read about a man who specialises in singles' therapy, I quickly signed up – and it would prove to be my relationship epiphany. On the first session, he asked me about my past partners and drew a 'relationship tree,' with me as the trunk and all the relationships I've had as the branches.

Talking through each one, I started to see that no relationship is a 'failure' – and, more importantly, *I'm* not a failure. Our relationships are like modules from a degree in Love – they all teach us something vital – and if you skip one, you don't graduate.

Take that rite of passage, the First Love. Simon* and I met when I was 16, and we were together for six years. I was hopelessly in love. At the time, I wondered if I'd peaked too soon – and felt ashamed that it took me so long to get over him. But as my friend Sian pointed out, "Your first love is part of who you become." The most important thing a First Love teaches us is how to fall in love in the first place. It's not surprising we find the first man we love difficult to get over, so maybe we should stop beating ourselves up about it.

The next kind of man who can teach you a thing or two is Mr Spiritual Awakening. Mine was called Pierre, a French philosophy teacher (of course), and our favourite pastimes were discussing Sartre and drinking red wine. Which was hilariously pretentious – but I learnt there's more to life than marriage, kids and an office job. After knowing him, I wanted *more*.

And more came in the form of Richard, my Post-First-Love Biggy. The PFLB is the one you think you'll marry and is often the one who breaks your heart the hardest. But he can also precede The One, meaning the last thing you should do is give up hope.

"After the relationship with my PFLB ended, I met Tom," says my friend Polly. "He was nothing like my ex, but I realised he fulfilled my needs far more. My PFLB was what I wanted, but Tom was what I *needed*."

But instead of The One, *I* stumbled on the Wild Card – the whirlwind who turns your life upside down. He was a 'friend with benefits,' and we weren't ever a couple. So when I fell pregnant with our son Fergus, I was heartbroken. Who would want me with a baby?

But although I didn't know it then, I was learning the most important lesson of all – even when life doesn't turn out like you expected, you can still be happy. I thought I wanted a fairly conventional life, but actually, that wasn't really me.

After that (incredibly steep) learning curve, I was single for five years. Then, last summer, my latest lesson came along in the form of Charlie. Even though I was older and a whole lot wiser, he could still teach me something about love.

After a few relationships that were more like friendships, he reminded me what it is to *really* fancy someone. And he taught me that even if things don't work out – they didn't – you have to take risks. It's the only way you'll learn about yourself.

It turns out that you can't find The One, or even 'a' one, until you've understood all the ones before. So now I've got them sussed, I can't wait to see who's next. Roll on 2011...

• Katy Regan's new novel, *The One Before The One* (£7.99, HarperCollins) is published on 25 November. ◆

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Want to make an impact at parties? Zoe Foster knows how...

It's the Silly Season, which means we must each place our invisible tiaras firmly on our heads and morph into an Empress of Fun. Pop on the Sash of Irresistibility and the Badge of Spontaneity, for there is no other time of the year more conducive to flirtation and effervescence than the one at hand.

What's that? You think I'm full of s**t? That the idea of having to do small talk at Christmas parties is like a kebab skewer in the neck? Oh, *sweetheart – NO*, it's not true. December and January are like one big Christmas present. You need to own it, revel in it and strut into February feeling like you've made festivity your *be*-atch. Here are a few tips that will advance your social awesomeness, help you avoid the common slip-ups and massively amplify your allure…

1 Learn to say 'yes'

Is your default setting to say no – instead of "I would love to!" when someone asks you to go out for dinner, coffee or for a few drinks, when you've got greasy hair and are at the end of a 14-hour day? If so, you *should* say yes. Suck it up and go out. You might end up having the best night of your life. And remember, regret what you *do*, not what you *don't*. ›



"I'm like a cocktail – good on ice"

2 Stay party present

Had a few glasses of the fizzy stuff and feeling flirty, aren't you? PUT THE PHONE AWAY. If you're at a party, be at the party. Soak up the atmosphere – don't let your SMS fingers start transporting you mentally into the next bar or the next party, or calculating who else is out and what could be a better option. If it's really dire, OK, maybe leave – but while you're there, give it your full attention. When you're too busy with the future, the present never fully reveals itself to you, so give it a chance.

3 BE THE FLAME, NOT THE MOTH

If you've spotted a man who takes your fancy, don't follow him around all night. He can tell when you 'accidentally' end up at the bar or food table at the same time as him. And, eventually, when he leaves without having fallen in love with you, it will dilute your sense of self-worth. Allow men to notice you. Don't force things. Smile whenever he looks over and encourage him with your eyes, but don't chase him. Enjoy your night. Make fun the focus. Learn all you can about the people you're with and meet, and let him find you. And if he doesn't, it's his loss. You're the flame, not the moth – and don't you ever forget it.

4 Look good, feel amazing

How long does it take to exercise before you go to work? Or do your hair and makeup 'nice'? Forty minutes? Then account for it and make it happen more often. When you feel your very best, whether it's wearing That Dress, having straight, glossy hair or working out at the gym, you'll always feel better. And we all know what happens to people who feel good – they get to sing along to that fabulous James Brown song about feeling good. They also tend to feel more attractive, which by default actually *makes* them more attractive, because that, right there, is the essence of confidence. And confidence SIZZLES.

5 UPTALK SOMEONE

As well as feeling marvellous, it's an extremely attractive character trait to pay another person a (genuine) compliment. It's SO easy to get dragged down in the undercurrent of office stress and salacious, vacuous gossip when you're drinking and socialising – but don't. Instead, when someone you know is mentioned, find something lovely to say about them. If you don't know them personally, ask if it's true that they're extraordinary at singing. People – men especially – would much rather get to know the girl who's pleasant than the one who instantly joins in on a verbal massacre of an absent third party.

Much of what's deemed to be attractive is based on appearance, but what we say and how we behave towards other humans has an enormous impact on our overall allure. (Handy hint: this tip works all year round, even when you're not at parties!)

YOUR TOP CONFIDENCE TIPS

We asked *Cosmo* readers on www.cosmopolitan.co.uk for their best bits of advice

"Have a bath with a special treat like a Lush fizzy bath bomb or Radox de-stress bubble bath. Then moisturise head to toe. Anything you put on after that will make you feel like a queen!"
ElectricBlues

"Stand up straight, and never be the first to break eye contact..."
ThePerfectPenis

"When you're getting ready to go out, blast up the music and dance your wee feet off!"
ThisSassyPixel

"A fantastic outfit, a funky hairdo, stunning makeup and a couple of drinks!"
Siren*x

"Three things: a really good bra for some va-va-voom, very high heels (and flats in your bag), and a spritz of classy perfume. Perfect."
Pizzahut1 ◆

Follow Zoe at **www.twitter.com/zotheysay**

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(YOU'LL PROBABLY TAKE TONIGHT)

Date-rape drugs don't always come in the form of a sinister pill. We're talking about the rapist's favourite drug: alcohol

"When you think of rape, you probably imagine some kind of event that takes the form of a shocking, sudden attack," says Ophelia Kingshott, a 25-year-old student from London. "But in my case it crept up on me gradually, during an ordinary evening at the end of an unremarkable day."

Ophelia had been working all evening. "We often went out together after work to wind down," she recalls. "My boyfriend Mark* would join us but that night we had an argument and he ended up storming off. I remember shouting, 'Go on then, go. I don't care.' But of course ›

I didn't mean it. Soon after, one of my colleagues, Dean*, noticed some of the others comforting me and he passed me a Jack Daniel's and Coke, saying it would make me feel better.

"We were all chatting in pockets along the tables when Dean started to pull me away from the others, and began asking me all sorts of questions about why Mark and I had been arguing. All the time, he kept getting me more drinks, telling me I'd feel better and that I should forget about Mark.

"I didn't mind at first, but after a while I began to feel tired. 'I think it's time I went home now,' I told Dean. But he insisted I was in no fit state to see Mark."

Ophelia remembers thinking she hadn't drunk enough to warrant feeling as bad as she did. It was then she realised that Dean must have been giving her doubles – and that he wasn't drinking at all because he had an early start the next day. "One of my friends noticed I was looking rough and suggested calling a cab," she recalls. "But Dean stepped in and said, 'I'm looking after Ophelia. I'll take her back to my flat to sleep it off.' I tried to stand up and insist on going home, but the room was spinning and my legs just buckled."

Ophelia somehow made it back to Dean's flat. "I can't remember much about how we got there except I wasn't able to walk by myself and he was hauling me along," she says. "It must have taken some force because the next day I had bruises in the shape of handprints all over my ribs. He was much bigger than me and was physically dragging me down the street. If only someone had stopped us and asked if we were OK…



Ophelia now helps other rape victims

Crime stats indicate that only 10% of rapes and sexual attacks are reported, and rape involving alcohol has the lowest report rate of all

I'd have told them I wasn't and needed my mum."

Back at Dean's, Ophelia's memories are a patchwork of blanks. "I remember him slumping me down on his sofa. I tried to fall asleep but he kept getting angry, telling me to stay awake. I remember him giving me an orange drink and saying it would make me feel better. I thought it was juice but it must have been more alcohol."

"The next thing I remember was being face down with him lying on top of me. I remember the sickening feeling of him inside me, thrusting. I panicked and shouted, 'Get off me!' but he didn't even pause. He just shouted at me to 'hold still'.

"He had me pinned down from behind and when I tried to move, he held my head down. I don't remember how long it lasted. When I woke up the next morning, I was alone and naked. Then Dean came in and said, 'I've called you a taxi. Get your clothes on.'"

Ophelia left Dean's flat in a daze, then wandered around town before ending up at her boyfriend's house.

"As soon as he saw me, Mark realised that something had happened to me. I told him where I'd been and he just said, 'He had sex with you, didn't he?' I nodded and then he said, 'And you didn't want him to?'

"He knew straightaway.

"I didn't leave Mark's house for three days. I couldn't face telling my family what had happened but, when I finally did open up to my mum, she was wonderful. She arranged for a female police officer to come and I started the process of reporting the attack. But in the end, I didn't pursue it. When you have so many gaps in your memory, what chance do you have of being believed in court? It would have been my word against his. In some ways I'm glad I didn't put my family through the stress of fighting for a conviction, but at the same time I just hope that I didn't leave him free to do it again to someone else."

Targeted attacks

Although Ophelia is now moving forward with her life, she knows she'll never walk free from the damage inflicted that night.

"What Dean did to me changed me in a matter of seconds," she says. "He forced me to know what it feels like to be a victim of rape. That's something I'll have to live with forever."

But as well as bravely waiving her anonymity to tell *Cosmo* her story, Ophelia is also now a volunteer with the Amina Project, a service that helps women who have been raped or sexually abused, based at the Eaves Scarlet Centre in south London. Determined to draw something positive from the attack, she befriends ›

CONSENT: A GREY AREA?

The way rape cases are often talked about suggests that if alcohol is involved, consent becomes a grey area – that it dilutes a victim's ability to call what she went through 'rape'. Wrong. When it comes to consent, the situation is black and white. Being drunk – whether through your attacker's design or yours – is not a crime. Rape *is*. Sexually exploiting someone by getting them drunk, or having sex with someone who's incapable of giving her consent, are wrong in the eyes of the law. But that doesn't mean we can't all help protect ourselves and our friends by watching the amount we drink.

This year, Baroness Stern published her review of how rape cases are handled, and concluded that there is no ambiguity – sex without clear consent is rape – regardless of alcohol, clothing, behaviour or any of the other myths that are so often peddled around rape cases. As we wait for the new coalition government to outline how they plan to take Baroness Stern's recommendations forward, don't forget that a woman *never* 'deserves' to be raped.


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women who've been raped and offers them support as they rebuild their lives.

Her experience – of being plied with booze by a man seemingly intent on raping her – is one that police and rape charities are growing increasingly worried about. While date-rape drugs such as Rohypnol and GHB have grabbed the headlines, recent research shows that alcohol is by far the preferred substance of would-be rapists.

Dave Gee, former senior adviser to the government on rape, is aware of sinister situations where men purposely target women with a friendly approach and a few drinks. While the girl relaxes and opens up, the man continues to ply her with alcohol before sexually assaulting her.

In 2006, the Association of Chief Police Officers (ACPO) conducted a review of drug-assisted rape across England and Wales. The report, Operation Matisse, showed that in 120 reported incidents of assisted rape, all but one of the women had been drinking alcohol before the attack. In contrast, only two women tested positive for GHB and there was no evidence of Rohypnol being used at all. Limitations in forensic testing means that these results can't be taken to conclude that date-rape drugs are not in use, but Dave Gee, who co-authored the research, is in no doubt that alcohol is the rape drug of choice.

'There are predators out there looking for vulnerable women'

Vulnerable

Operation Matisse also discovered that only 38% of women who had experienced alcohol-assisted rape had known their attacker for longer than a day. Most attacks were carried out after meeting a man earlier that evening, usually in a bar or club. Half the rapes included in the report took place at the suspect or victim's home. Most of the others happened in the bars and clubs where they met, with two carried out by unlicensed taxi drivers in their cabs.

"There are predators out there," warns Dave Gee. "Predators waiting in bars looking for vulnerable women – who may have had a few drinks and have become separated from their friends – with the sole intention of getting them drunk enough to rape them. Some of these men are raping girls in this way week after week."

Dr Miranda Horvarth is a senior lecturer in forensic psychology at the University of Middlesex. In her research, she's pinpointed the characteristics of alcohol-assisted rape to show exactly why alcohol is a rapist's perfect accomplice:

- Just a small amount can impair a woman's ability to recognise signals in a man's behaviour that would make her feel uncomfortable if she were sober.
- A little more impairs her ability to solve problems (eg, plan an escape).
- Eventually, the alcohol reduces her physical strength to fight back and, ultimately, leaves her unconscious and completely powerless.

This is exactly the experience 33-year-old office worker Julie* lived through when she was raped during a holiday with friends in Spain in 2007. She explains, "We'd made friends with lots of people who were staying at our hotel, including an older man who was always making us laugh. On the last night we ended up having some drinks with him." Julie remembers him bringing her a drink every time he went to the bar. Later that night, she woke in her hotel room…

"The first thing I recall is waking up to find us naked, with him on top of me. I've no memory of how we got there and can't remember any struggle. I felt responsible. It took me a long time to realise that this man had purposely used alcohol to get me drunk and have sex with me. I didn't want to have sex – I was in no fit state to consent and I now understand it was rape. But because I let him buy me drinks, I still feel I somehow allowed it to happen; I still feel I was in some way unfaithful to my partner – and I've never been able to talk to him or my friends about what happened."

Julie is not alone in her reaction. Rapes involving alcohol can be particularly problematic for women to understand and come to terms with. But as Miranda says, "What separates a misguided one-night stand from rape is the intention and motivation of the perpetrator, right from the outset, to have sex with a girl against her wishes." ◆

PROTECT YOURSELF

Dave Whatton, Chief Constable of Cheshire Constabulary and ACPO's national lead on tackling rape, offers this stay-safe advice for the party season

1. Stay together with your friends at all times
2. Know where you all are all the time
3. Plan your journey home before you go out and make sure you only use reputable taxi companies
4. Keep checking how you're feeling and make sure you stay aware of what's happening around you, and can avoid situations in which you feel uncomfortable
5. Don't accept a drink from someone you don't trust
6. Don't share or exchange drinks
7. Don't leave a drink unattended, even if you're just going to the toilet
8. Don't go home alone

GET HELP

- Women across London can get help and support from the Amina Project at the Eaves Scarlet Centre. For more information visit www.eaves4women.co.uk.
- The Rape Crisis Centre national helpline is on 0808 802 9999 between 12-2.30pm and 7-9.30pm every day of the year.
- For more info on how to stay safe, go to www.cosmopolitan.co.uk/your-life.

BY SARAH MILNE. PHOTOGRAPH URBAN LIP. *NAMES HAVE BEEN CHANGED



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MAKE HIM FALL IN LOVE *fast!*

Cyber-psychology lecturer Grainne Kirwan analysed the profiles of some of the UK's most popular online daters, and reveals the secrets of their success

HARRIET WOOLTORTON,
27, a photographer from Devon, is the most popular girl on Mysinglefriend.com. Sister Ella, 36, wrote this on her profile:



Summary:
Successful, creative, a home lover, possible marriage material, super fun loving, a bit independent, outgoing, enthusiastic about life, vivacious and an outdoors type!! **(1)**

Ella has this to say about Harriet:
If ever there was anyone that you could not understand why they were still single, it would be Harriet. For a start, she is absolutely gorgeous. Not your run-of-the-mill gorgeous. Totally and utterly, oh-my-god did you just see her, swivel your head in the street just to catch a glimpse of her retreating back, type gorgeous **(2)**. And she's funny. In fact, at times she is hilarious, although she doesn't always mean to be. She doesn't take herself at all seriously, and is always looking for the fun in everything she does **(3)**. Harriet loves life. She approaches everything she does with an infectious enthusiasm that makes her a pleasure to be around. If the doorbell rings, and it's Harriet, you feel pleased, because you know that she's going to leave you feeling better than when she arrived **(4)**. That's why her business is such a success. Which brings us on to her photography business, which she started up herself from scratch, and is now doing extremely well. She's a hard-working entrepreneur with a creative mind that is always coming up with new ideas, and as she's such a people person, her business has gone from strength to strength **(5)**. If I could pick the ideal man for Harriet, he would be very active, love the outdoors life (snowboarding, kitesurfing, camping), ambitious, driven, fun-loving, family orientated, looking to settle down, have children and build a fabulous life with a gorgeous, loving, caring girl. He'd also be the luckiest man around **(6)**.

To which Harriet responded:
Ha ha, thanks Ella! What Ella has said is pretty much spot on... ha... big head or what! **(7)** I do love an exciting life. I love the beach, the sun, keeping fit and pushing myself in order to further my business. I also love tea and laughing! My friends and my family are very important to me and I love spending time with them. If you like what you hear then come on! Harri xx **(8)**

THE EXPERT VERDICT

Grainne says: "Harriet's profile photo shows she's very attractive and, by not looking directly into the camera, she looks lots of fun and a bit cheeky (in a good way). Her wide eyes suggest she's interesting, but with a hint of vulnerability."

1 "This summary is packed with adjectives that make Harriet sound like the perfect girlfriend. Not only is she 'vivacious', which conjures up images of a lively, exciting person, but she's also a 'home lover', which clearly marks her out as marriage material."

2 "Ella's decision to emphasise the physical attractiveness of Harriet is very savvy. The amount of adverbs she's using is very important. She's saying, 'This isn't just a glamour shot – this is what she really looks like.' The story she tells about Harriet walking past allows the reader to visualise her quite clearly. A guy reading this will be able to picture himself in the relationship already."

3 "This reminds men that Harriet is laid-back and self-deprecating. The subtext is that she probably doesn't realise how funny she is, so she can't be intimidating to men. It's a clever way of making men feel excited about her, and secure in themselves at the same time."

4 "This cute, day-to-day example allows guys to imagine what it's like to be Harriet's boyfriend, and tugs on them emotionally."

5 "This reminds us that Harriet is a true triple treat – she's beautiful, funny and talented. It positions her as exactly the kind of woman an alpha male would want to meet."

6 "This is a clever way to describe Harriet's perfect man. Any man reading this would want to be that guy. It motivates men to get in touch."

7 "The 'ha ha!' shows that Harriet's happy to poke fun at herself. She's adopted a cute, informal tone to make it clear she has a good sense of humour."

8 "This informal ending – Harri – makes her approachable and implies you are already part of her inner circle. The 'xx' reminds us that she has lots of love to give." ›

'I HAD 4,000 CLICKS IN 10 DAYS'

Harriet Wooltorton



Harriet says:

"My sister Ella wrote profiles for two friends, who both got married. So one day, she said to me, 'I have a good track record – let's give it a go.' I've no shortage of men asking me out, but finding someone I click with is hard. I went on a date with a guy from MSF and, on the way home, called my friend, complaining he wasn't my type. A guy came over from across the train carriage and said, 'If your date was so bad, why don't you try me?' Now I'm seeing him! So I've not found love online exactly, but it's helped."

'MEN LOVE ME BECAUSE I'M FEISTY'

Annemarie Gregory



Annemarie says:
"When I joined *Cosmo*'s dating site after three years of being single, I decided to be upfront. Every week, coach loads of men arrive in Blackpool looking for one-night stands, but I'm not interested. If I seem a bit bolshy in my profile, it's because I want to put off time-wasters. I'm not sure what's attracting the guys – the text or photo – but it's a confidence boost to see messages in my inbox. I had a brain tumour six years ago and, after my divorce, I plummeted further. Dating is helping me get my mojo back."

ANNEMARIE GREGORY,
31, from Blackpool, is studying health, social care and early-years education. She is one of the top five women on Cosmopolitan.co.uk/dating. She's described like this:

Marital status: Divorced
Children: 1 **(1)**
Occupation: Student **(2)**
short & feisty with good morals **(3)**, i dont smoke and have never done drugs – i have a good sense of humor and a kind heart but i dont suffer fools and dont play mind games :) **(4)** the kind of men i tend to go for are romantic & know how to treat a woman, good looking – as there has to be that initial attraction, on both parts – and take care of themselves... good manners and respect is a must... askin too much?? ;) **(5)** beer monsters, chain smokers and party animals are not really my scene, living in Blackpool thats the kind of men i meet so thought i would give this a go as some friends are also on here – if i end up a spinster so be it **(6)**. I am not desperate, but if i meet someone great – if not i hope to make some friends at least, if all the honesty hasn't put u off, drop me a line! xx **(7)**

THE EXPERT VERDICT

Grainne says: "Looking at Annemarie's profile photo, the position of the camera (above her) makes her look a little vulnerable, but she still appears confident and sophisticated."

1 "Annemarie is happy for potential dates to know she's divorced and has a child. Like many women in their 30s, there is a history, but she makes no apologies."

2 "The fact that she's a student shows she's go-getting. These personal, factual details put her in an honest light."

3 "The word 'feisty' shows that Annemarie is assertive but not aggressive. It's also unusual for morals to be mentioned on a dating site and this highlights her individuality."

4 "This statement will appeal to men who've grown tired of women who play psychological tricks. This statement says, 'I'm not a player.' It makes her seem open, if a little nervous too."

5 "Annemarie's use of text speak and smiley faces indicate that she's relaxed, with a good sense of humour and lots of energy and enthusiasm."

6 "The way she ends this sentence shows she's an independent woman with strong self-esteem, who's not afraid to face life alone if it comes to that."

7 "This honest ending leaves behind a feeling of warmth. She's not demanding anything, but invites any kind, considerate guys to get in touch." ›

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'I WAS THIRD MOST POPULAR FEMALE – AFTER ONE WEEK'

Natalie Campbell



NATALIE CAMPBELL,
26, is a trainee primary teacher from Brighton. She joined Guardian Soulmates five months ago. Her profile reads:

LovelySmiley
Smiley, random, fun,. great cuddler!
Profile last updated: 14 July 2010 Last logged in: Yesterday
You aren't a match for her
Her summary | About her | In her words
Why should you get to know LovelySmiley?
I am very outgoing and enthusiastic about things I lo

Why should you get to know Lovely Smiley? **(1)** Brazilian born, lived here most of my life, Seen 'My Big Fat Greek Wedding'? That's what my family is like! I love music, try to play guitar (4 chords) **(2)**, love sun, beach, log fires, cosy winters, red wine, laughing, friends, family, dancing, exercise, property shows, cooking and trying new recipes, food, practically a veggie but eat really good meats here 'n there... haha. Love travelling... Can be pretty damn random. Generous, kind, smiley, happy, great cuddler too **(3)**. You know the good bits, might as well be honest about the rest: I'm a rubbish driver (5 fails), impatient, always think I'm right, bit of a control freak, can be moody, dislike seafood... dislike anything with coriander in it, talk a lot, hog the duvet, will always wish I had ordered what you had, indecisive, cry if someone tells me off, sing along to everything, will wake you up when I wake and even make the bed with you still in it! I get fake tan on towels, snort when I laugh, sometimes snore, love my cats a bit more than I should, hate being too hot or too cold and will always eat the last Rolo! **(4)** I'm no walk in the park, so why get in touch? 'Because I'm worth it' ;-). If you like the sound of the good and think you can handle the rest – get in touch! **(5)** What am I after in a man fellow? Enthusiasm for life, passionate about food, life, love and me of course! Tall, charming, ambitious, manly strong arms picking me up, throw me over your shoulder type of thing/piggy backs are vital! A real man, an intelligent confident geezer type if that exists?! No posh boys need apply. I like a man's man! So grow some cojones and ask me out... After all, everybody needs a co-pilot :-) **(6)**

Natalie says:
"When I wrote my profile, I thought, 'I'm going to tell men what I'm like and if they're still interested, brilliant.' After a week I had 410 fans. I think being upfront about my negative points sets up a challenge for guys. Amazingly, I've met someone I like. He was rated number one male so I messaged him and said, 'Why don't number one and number three get together?' I probably wouldn't have been so cheeky if I'd not been flooded with emails from guys – they encouraged me to go for it."

THE EXPERT VERDICT

Grainne says: "Natalie has an interesting combination of photos on her profile: a black and white one taken from above that is very sensual and one in an apartment that could make men think about what she'd be like in her home environment."

1 "LovelySmiley is a powerful screen name. It says, 'I'm a fun person and I'll make you feel happy as well.'"

2 "Here, Natalie starts a trend in her profile: the idea of not being perfect, of having flaws and striving to get better. She can't play guitar but guys will find it endearing that she's trying."

3 "This is the second time Natalie tells us she's 'smiley'. Clearly, this is a core offering and she's proud of this trait – the rest is extra information."

4 "There's a theory we're more likely to remember the first and last things we hear, so it's interesting that the start and end of this section is funny, but the middle is serious. The reader is more likely to remember the good stuff, like her persisting with her driving tests."

5 "Natalie quotes the famous L'Oréal line and urges brave guys to have a go if they think they can handle her. The subtext is that Natalie has good self-esteem."

6 "Natalie's mention of a 'co-pilot' suggests she wants an alpha male – a man who can chop wood or make a fire. It's nice for a man to imagine he is this person and it will make him want to apply. It also makes her sound not too dependent." ◆

Looking for love? Head to www.cosmopolitan.co.uk/cosmo-dating/special to check out the hotties waiting to meet you

BY NATALIE BLENFORD. HAIR AND MAKEUP VICKY BARNES. WITH THANKS TO WWW.MYSINGLEFRIEND.COM, WWW.COSMOPOLITAN.CO.UK/DATING, WWW.GUARDIAN.CO.UK/SOULMATES. HARRIET IS DIRECTOR OF WWW.HARRIETWOOLTORTONPHOTOGRAPHY.CO.UK. FOR MORE INFORMATION ON GRAINNE KIRWAN'S CYBER-PSYCHOLOGY COURSE AT DUN LAOGHAIRE INSTITUTE IN DUBLIN, VISIT WWW.IADT.IE/EN/

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Sex AND THE SINGLE GIRL

No more advice please!

Cosmo's Rosie Mullender has discovered that when it comes to being single, everyone's an expert



PHOTOGRAPH SARAH DUNN

The trouble with being single for the first time in eight years is that it's *nothing* like learning to ride a bicycle. I seem to have forgotten how to do it (assuming I knew the rules in the first place, which I can't remember either). And, after my first foray into the world of dating fell flat after three weeks, I'm more confused than ever.

Should I first get used to being alone, to work out Who I Am? Or is it better to get straight back on the horse (so to speak); is it true that the best way to get over one man is to get under another?

One thing *is* certain – there are plenty of people eager to give single girls like me advice – most of it completely conflicting. My friends fall into two camps: the ones who think I should get out there and have fun, and those who say I should take time out to heal before emerging, butterfly-like, from a restorative cocoon of me-time.

The single girls have been there, done that – so maybe they know best. But those with boyfriends… well, they've got *boyfriends*, which, to be honest, is my eventual aim, no matter how much you'd miss me writing my Single Girl column (you'd miss me, right?).

I soon realised that the friends telling me to date lots of men tended to be attached (my friend Helen reckons if she ever found herself single, she'd shag everything in sight). While those advocating a cup of cocoa and a nice sit-down were usually single. Which made me wonder: was part of them either hoping to live vicariously through me – or stop me stealing their single-girl thunder?

Add the issue of when to tell a man I don't want kids, and I might as well give up. The advice I've had has ranged from, "If you meet someone you like, drop it into the conversation before the first date," to, "When he wants to try for kids, keep taking the Pill, then pretend you're infertile." Yes, someone *actually* said that.

'When he wants to try for kids, keep taking the Pill and then pretend you're infertile'

So who do I listen to? Do I list my friends and award their opinions points on a sliding scale, like in the Eurovision Song Contest? Or collate everyone's views into a handy pie chart? Luckily, it's been scientifically proven that mums know *everything*, so I decided to phone mine.

"Do whatever feels right for you," she said. "Enjoy being on your own, and if you meet someone you like, see how it goes. And when that happens, you'll know the right time to tell him your feelings about children."

Suddenly the clouds parted and the sun shone. It seems obvious now, but Mum was right. The only person you can ever really trust to guide you in the right direction is yourself. And your mum, of course.

Follow Rosie at **twitter.com/Mullies**

Sex AND THE NOT SO SINGLE GIRL

The Christmas-present minefield

Cosmo's Fiona Cowood wonders which is worse: giving him too little or giving him too much?



It was Christmas-day evening and my first serious boyfriend, John, had come round to swap presents. We hadn't meant for it to turn into a spectacle, but suddenly all eyes were on us: Grandma woke up; Dad stopped cracking his way through the nut bowl; Mum stopped rearranging the contents of the fridge, and a hush fell upon the living room.

I already knew I was in trouble – I'd opened the front door, so I'd seen the armfuls of bags and boxes.

"Well, here you go," I said, as I slid a couple of modest-sized packages across the carpet.

"Is that it?" said my sister, pointing and starting to laugh.

There was no denying the (hideous) discrepancy in our generosity. Clearly we had very different answers to the question: "What do you buy someone you've been going out with for six months?" Mine: a couple of paperbacks about the SAS and a jumper from Next. His: underwear, jewellery, a top and a full-length coat from French Connection.

It was amazingly awkward. John was far too lovely to let on there was a difference. But everyone else in the room knew that I'd made a turkey-sized cock-up.

It wasn't the first time I'd radically misjudged the giving of gifts. Two years earlier, my first-ever (but not 'serious') boyfriend had given me beautiful silver earrings. I'd given him a toilet moneybox. (In my defence, it had an amazing flush action that swept away the coins *and* it was from the Gadget Shop – outlet of all things cool in the mid-90s.) But the look on his face told me I'd gauged things all wrong.

'My first-ever boyfriend gave me beautiful silver earrings. I gave him a toilet moneybox'

So when I found myself going out(ish) with a guy called Ben* over the Christmas period, I decided I couldn't risk being the present under-giver again. On Christmas Eve, I handed over concert tickets, leather gloves and a couple of (non-SAS) books. And then I saw it – that panicky look that screams, 'Bugger it! That's LOADS!'

Unwrapping my gift – a mini hot-water bottle wearing a knitted Good Night jumper – I had my first taste of life on the other side of the present divide.

And I didn't like it.

First, it was a bit of an insult. A hot-water bottle? Why not just tattoo "Let's be friends" on my face? Secondly, at least as an under-giver I could fall back on the excuse of not being a presents kinda girl. (Utter rubbish, obv.) But as an over-giver, I felt awkward in a different way, as if I was trying to lasso Ben into being my boyfriend using the cunning art of forward planning – ie, concert tickets for two months' time. (We never made it.)

So it's quite a relief that, this year, current boyfriend James and I have agreed to buy each other half a flat-screen television. Slightly dull, yes, but at least there's no scope for disaster. Unless, of course, he ends up buying me a little something extra. Which he might. Which means I'd better get *him* something. Which means… Does the Gadget Shop still exist?

PHOTOGRAPH SARAH DUNN. HAIR AND MAKEUP VICTORIA BARNES. *NAME HAS BEEN CHANGED

Follow Fiona at twitter.com/fionacowood


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MEET OUR Ultimate Women of 2010

WITH AVON

20 AWARDS celebrating a year of fabulous female achievement

These fantastic *Cosmo* stars have, in their own incredible ways, made the world a better place this year. Be amazed and inspired by their achievements – and then go rock *your* world! ›

PHOTOGRAPH ISTOCKPHOTO

'I was BANNE from reading COSMO!'

COSMOPOLITAN'S ULTIMATE women AWARDS 2010 WITH AVON

But KATY PERRY's sure made up for it since! Here our cover girl reveals how her parents' censorship didn't really work ›

Interview SIMON GAGE *Photographs* RUVEN AFANADOR



D

ULTIMATE INTERNATIONAL MUSIC STAR

KATY PERRY

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When we sit down at the BBC, where Katy is about to go on air to promote her second album *Teenage Dream*, she's much quieter than the (usually) latex-clad attention grabber we've become used to. The normally outspoken Katy, who became a global phenomenon with *I Kissed A Girl*, is on a punishing schedule before taking time off to marry Russell Brand. For a woman so in love and who's known as the queen of controversy, she's set strict rules. Don't mention the R word (Russell) or the W word (wedding).

But mention the Ultimate International Music Star trophy she won at the *Cosmo* Awards and she gets a bit of a bounce going. She clearly appreciates the irony, having been forbidden to read *Cosmo* as a teenager by her parents…

So, did *Cosmo* mean anything to you growing up?

"I was banned from *Cosmo* because there was too much sex. I'm sure my parents didn't *not* want me to know about sex but they didn't want me to have a tutorial! And there was always someone on the cover with cleavage. It turned out alright – I'm posing for *Cosmo* with my cleavage out! There you go, Mum! It all worked!"

Where did you get all your pop culture and sex info from then, if not *Cosmo*?

"At around 12, I started to be curious. I had a friend at 15 who was more cultured than me – smarter, cooler, well-travelled. She was great, and showed me good music and introduced me to things like sushi."

And you liked Queen! What made you love them?

"When I heard them it was like time stopped. *She's a killer queen!* That was an all-inspiring moment. I wanted to be a killer queen! I wanted to be the lyrics, walking and talking. And I was so surprised it was a man too. Like, 'Really? How do you explain what I want to be? How do you know?' That was my first epiphany."

Apart from Queen, who else did you want to be?

"Shirley Manson catered to my rock, punk, edgy style. Alanis Morissette catered to my feminist, don't-mess-with-me-but-I'll-still-marry-you style. Gwen Stefani catered to my cool, easy-going, effortless, fun, ›



cute side. Now, I love Gaga. I love Rihanna. I'm infatuated with English music and new artists here, like Marina And The Diamonds and Ellie Goulding."

Your lyrics are very sexy, aren't they? [*Peacock* is about getting men to show you their… you can imagine!].

"Some of them are, yeah. I like to play that card because it's fun and definitely in my deck, but I like to tease. I'm like a burlesque girl. I definitely won't be doing a *Playboy* spread but I will be doing a kind of Dita Von Teese style."

But you went topless for men's magazine *Esquire*, didn't you?

"Yeah, but you don't see anything. It's sexy."

How did it feel getting them out in front of other people, though?

"Mostly everyone on the set was gay so it was totally fine. It was my idea. I mean, no one says, 'Oh Katy, you know you'll sell more records if you take your top off.' It's just me being a 26-year-old young woman. I'm confident in my skin I guess, lately."

Why lately?

"Well, I take care of myself and also I think that when you're in a supportive relationship you don't care anymore about outside. Things that maybe would have irked you before don't matter because you found someone who loves you no matter what. So I guess it's a mixture of, 'Hey, I'm 26 and I know these are my prime years and I feel confident,' and being loved-up."

Have you ever had a boyfriend who dragged you down?

"Of course! I wrote a song about it on the record. You should be able to be in a relationship with someone who loves you for you, not someone who wants you to change. And it can happen to anyone, it doesn't matter how strong you are. That's the power of love and sometimes love can be negative."

You've been in love before though, because you're not into one-night stands, are you?

"I'm a pretty monogamous, in-love girl, most definitely."

How many times have you been in love?

"I don't know; not a lot. But I think that every time, you learn something. Even when a relationship's come to a stop, it takes time to get over it and then after that, you're like, 'Oh, I learnt something.'"

Do older guys attract you because of that learning thing?

"Not necessarily. I think it's more about their own personal maturity level. There are lots of men who are older that are complete idiots and don't act their age."

So – marriage! How can you ever say that you'll always feel like this? Don't you think things change?

"I think the lovely thing is that these days it's not like the '50s; you have a choice. So no, I don't feel that way. I'm not the person I was when I was 15, but I still have some of the same things, it's just that my perspective has broadened. I've always been me, even from when I was nine."

What are your defining characteristics?

"I know that I'm strong."

In that you don't get hurt easily?

"No. I'm still very emotional. I'm strong in that I can take a lot. I'm independent. I have a sense of humour. Generally, I have a positive outlook on life and I love people. I'm a romantic and also loving and loyal."

So, you're a nice girlfriend?

"I am a nice girlfriend!"

Any flaws?

"If I don't get eight hours of sleep a night, I'm a bitch."

Did you get eight hours last night?

"No, I got seven hours and 55 minutes."

Are you going to be a bitch to me?

"I haven't been one yet, have I?"

What would someone have to say or do to make you cry?

"I guess love makes me cry. In a happy way."

So you just sit there crying?

"Come on! I'm not an idiot. I guess when you're so happy, you have tears of joy. I know! It's disgusting."

It must have been a relief when *California Gurls* went to number one because the second album is the tricky one, isn't it?

"I said to everyone I work with, 'Please don't tell me when to turn in a record. Please don't tell me when you're out of money.' And they let me do what I wanted to do organically. I already had a lot of ideas and continue to do so. I think with creative people that never stops."

Did they ever say no?

"No! Nobody says no to me! There's no one in control of me. I love advice and ›

'I won't be doing a *Playboy* spread'


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THE COSMO QUIZ



Name KATY-HUDSON-PERRY-BAND

Nickname BIRD; FEATHER; K.FIZZLE; PHILINK

The least rock 'n' roll thing about me is:
IS MY NEED to be SQUEAKY CLEAN from HEAD 2 TOE.

The most daredevil stunt I ever tried was:
a. Skydiving
b. Base jumping
c. Running with the bulls in Pamplona
d. Getting engaged to Russell. ← TRUE

I feel most relaxed when I'm:
with my boy on Holiday ::

When no one's around I tend to:
pick my NOSE.

I'd most like to sing a duet with:
a. Rihanna
b. John Mayer FANTASTIC Songwriter!
c. Drake
d. Pink

Dating an English comedian:
a. Has made me love fish and chips
b. Has given me an appreciation of dry witticisms
c. Means I never know when he's being serious...
d. Makes the Fourth of July tense HA! HE ACTUALLY WAS UPSET ON THE 4th!

There's no such thing as too ~~much~~ many
a. ~~Makeup~~ INDIVIDUAL FAUX EYELASHES!
b. Partying
c. Energy
d. Adversity
e. Other KITTENS

My biggest style icon is:
a. Bettie Page
b. Carmen Miranda
c. Smurfette
d. Freddie Mercury
e. Other CHLOE SEVIGNY

Life's too short not to TRY EVERYTHING AT LEAST ONCE! And also BE YOURSELF in a Relationship!

Writing songs about ex-boyfriends:
a. Is cathartic
b. Always ends up biting me in the ass
c. Is a great source of material
d. Is going to be harder once I'm married
e. Other TEABAGGING, FUN & ANVIL LIFTING

I feel the sexiest in:
a. As little as possible
b. Something skintight and plastic ← LATELY :)
c. The limelight
d. My own mind

The person I would be most able to tolerate in a cramped long-distance car journey is:
a. Lady Gaga
b. Ke$ha
c. Miley Cyrus
d. Taylor Swift
e. Other ALL! So FUN... Probably SO CRAZY!

opinion and I warmly welcome them but I think I have my head screwed on straight."

Do you like being so disciplined?

"It's not fun! But it is very rewarding."

What sort of mum would you make?

"I don't know yet. I'm not even in that headspace so I don't think I could give you an idea."

If you look back over your life, what was your low point?

"When I was 21 and sitting in a cubicle listening to the worst music you've ever heard at this really horrible job where I would critique other people's demos. I was like, 'How do I give you advice? I know everyone in the music industry. I've done other labels. I think I have something unique to offer and it's not being recognised. And you sound like nails on a chalk board!' "

Did you ever say that to them?

"No! Have you ever seen me on *X Factor*?"

There's talk of you getting a permanent position on the US version of it...

"I saw something about that and I think Simon is flirting with me through the press. He is a big flirt. I know a lot of it is rumours. But sometimes rumours turn into reality."

Do you disapprove of the fast-track it gives people into the industry?

"I wouldn't have put myself through it as it can be harsh. Every person who walks into those auditions is different so you have to be careful with your comments. You wouldn't want to be responsible for anything..."

Do you think it's mean that they pick the bad ones so we can laugh at them?

"Yeah. They did that when I was there and it wasn't us who did it. It was the behind-the-scenes people. All of us were sitting there like, 'Can we continue with the real show please?' We were all looking for talent so that's obviously kind of a prank."

Tell me why I was told not to ask about Russell and the wedding?

"It's not a thing I hide but it's precious to me and it could get out of control. I don't need my relationship to be between anybody else besides me and him. If it was at a different time it'd be understandable but there's a record that was just released so there's a lot of stuff to be covered and both of our time is valuable."

You're only getting married for the passport, aren't you?!

"No! But I do know one of those people actually. A gay couple I know are going to get married for British citizenship and I'm like, 'Oh!' (gasps in shock). But of course I want to get dual citizenship. Those lines at Heathrow are disgusting. So, I mean, that would be a perk, right?" ◆

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COSMOPOLITAN'S ULTIMATE women AWARDS 2010 WITH AVON



ULTIMATE FASHIONISTA

NICOLA ROBERTS

Nicola Roberts' transformation is complete. Gone is the shy 17-year-old who'd forget to smile at the cameras as the youngest member of Girls Aloud; step forward Goddess Nicola, now 25 – the girl who's made pale and interesting cool. The muse of designer Henry Holland; rumoured to be the new face of Vivienne Westwood, and with her own makeup range – Dainty Doll, for girls with fair skin – she's joined the ranks of serious fashionistadom. "When I think about where I've ended up, it messes with my head. How did I get here?" she muses. "And I can't quite believe I've won a *Cosmo* award. When it was announced, I thought, 'What the hell? Is it a joke?' I've never won anything on my own before. Thank you!"

ULTIMATE CAMPAIGNER

LEYLA HUSSEIN

30, LONDON



The shocking practice of female genital mutilation is shrouded in secrecy – yet one woman is working tirelessly to change that.

Leyla Hussein is one of the 70,000 women in Britain living with physical and psychological scars of FGM, and is bravely speaking up for the 24,000 girls at risk in this country alone. Aged just seven, in her native Somalia, a doctor removed part of her clitoris and put two stitches in her labia minora, so that she'd be accepted in her community and in marriage. Sixteen years later, living and working in London, Leyla's life changed after suffering a flashback of her 'circumcision'.

She became a youth worker specialising in FGM and has spoken out against it all over Europe. She now leads an empowering group called Daughters of Eve. Leyla has one aim – to end the suffering of FGM. "I have a motto: 'One girl'. Every day I try to do something that will rescue one girl from FGM."

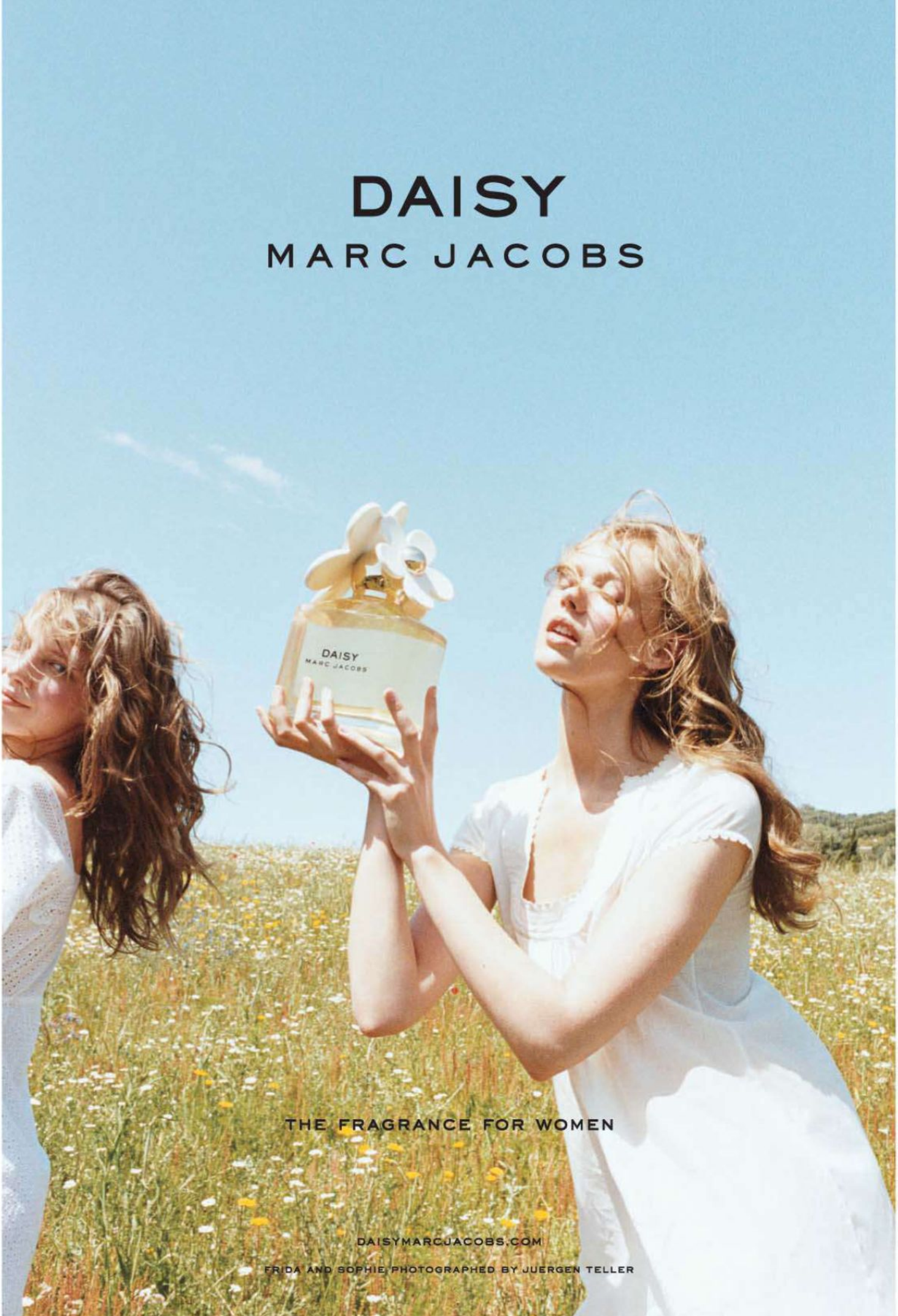
Leyla's work is often unpopular in her community. She's been spat at and punched in the street, and even has a panic button in her home linked to the police. Her former manager, Jennifer Bourne, says, "She's extremely brave – and it's because she feels so passionately about this issue." Her friend, Sainab Abdi, 25, adds, "She's opened up a subject that people didn't really talk about before. But she's also become a mentor to young people." Some even call her 'Mama Leyla' because of the special place she has in their life.

How does she do it? "You've got to find your own inner strength," says Leyla. "Then you can do anything."

Why she got the judges' vote: "What Leyla is fighting is a real taboo. She has incredible courage to put her face to this cause. She has my vote because I've never heard this subject spoken about before – so many women must be suffering in silence."

Ultimate Women judge Kimberley Walsh ›

NICOLA: BY MICHAEL BUTCHER. PHOTOGRAPH BEN RIGGOTT. HAIR AND MAKEUP LISA LAUDAT AT FRANK AGENCY USING DAINTY DOLL AND TG SYSTEMS. EYELASHES BY EYLURE. ASSISTANT MIA PARKER. FASHION EDITOR ALISON ELWIN AT TERRIE TANAKA. TOP, BEBAROQUE. CUFF, PAUL AND JOE. LEYLA: BY MEL HUNTER. PHOTOGRAPH COLIN BELL. HAIR AND MAKEUP VICTORIA BARNES, USING ARMANI. STYLING JARED GREEN


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ULTIMATE INTERNATIONAL ANGEL

VICTORIA FERGUSON

25, HAMPSHIRE

Seeing Kenya's poverty-stricken children fighting for survival on the streets of Mombasa, while on her gap year, Vicky was so shocked she set up a charity to help them. Through the work of Glad's House, named after her late grandma Gladys, whose door was always open to anyone who needed help, she offers them a safe place to kick addictions, and sponsors them to return to education. She's raised more than £150,000 so far, and plans to build a permanent rehabilitation centre for up to 60 children, as well as a girls-only refuge and crèche for children who've been born to young mothers living on the street.

"Every morning I think, 'Another day, another challenge,'" says Vicky. "I know I'm answerable to hundreds of vulnerable kids, but I'm not scared… I'm fuelled."

Why she got the judges' vote: "To help so many people at such a young age is incredible. Victoria's poured blood, sweat and tears into her work, and enriched hundreds of lives."

Ultimate Women judge Reggie Yates



ULTIMATE MAN OF THE YEAR

DIZZEE RASCAL

There are many men that *Cosmo* loves, but there's a special place in our hearts for Dizzee. This year he's had four number ones, *Bonkers*, *Dance Wiv Me*, *Holiday* and *Dirtee Disco*, as well as his World Cup anthem *Shout*, recorded with comedian James Corden, the proceeds of which Dizzee donated to Great Ormond Street Children's Hospital. A far cry from the angry east London boy who was stabbed six times at 19. "The things that mattered to me when I was younger don't matter now," he says. "Less to prove."

Not that Dizzee, now 25, has *anything* to prove. His live performance stole the show at The Brits, where he picked up the award for Best British Male.

Of his *Cosmo* award, he says, "Oh, yeah man, I'm totally chuffed to win. Those kind of awards are no joke, are they?" We never joke about our men, Dizzee. ›

COSMOPOLITAN'S ULTIMATE women AWARDS 2010 WITH AVON

VICTORIA: BY MICHELLE HATHER. PHOTOGRAPH COLIN BELL. HAIR AND MAKEUP VICTORIA BARNES, USING ARMANI. STYLING JARED GREEN. DRESS, TOPSHOP. SHOES NEW LOOK. JEWELLERY, ERICKSON BEAMON. DIZZEE: BY DEBBIE MCQUOID. PHOTOGRAPH JOHN WRIGHT PHOTO


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ULTIMATE UK TV ACTRESS

KAREN GILLAN

The will they/won't they tension between Karen's kick-ass character Amy Pond and Matt Smith's time-travelling doc had us hooked from the moment they burst on to our screens in April as the new *Dr Who* duo. And it's made the 23-year-old Scot a global star. "Promoting the show in New York was amazing," she tells *Cosmo*. "I had no idea it had such a following in America. The fans turned up dressed as me and Matt. It was surreal."

After getting her big TV break in 2008 on *The Kevin Bishop Show*, where she says she spent her days "wearing wigs and being silly and getting paid for it", Karen modelled for fellow Ultimate Woman (and redhead) Nicola Roberts, fronting her Dainty Doll makeup range. "Matt told me my hair is part of my personality, which is quite interesting," she says. "I don't know! It's just nice that being ginger is received nicely!"

In fact, Karen's being received so nicely she regularly makes the best-dressed lists since hitting the red carpet earlier this year. "When I was a model I was just put in other people's clothes and never had to take responsibility for what I was wearing," she says. "Now I feel like I'm expressing me and I'm a bit more exposed. But I love clothes and I'm glad other people seem to like the way I dress. And I loved the clothes on my *Cosmo* shoot!

"To get something like an Ultimate Women Award is a real honour," she adds. "It's my first-ever award. And it's great to have acknowledgement for everybody who puts such hard work into the show and makes it so good." ›

BY DEBBIE McQUOID. PHOTOGRAPH COLIN BELL. HAIR AND MAKEUP VICTORIA BARNES, USING ARMANI. FASHION DIRECTOR SHELLY VELLA. DRESS, TBA

COSMOPOLITAN'S ULTIMATE women AWARDS 2010 WITH AVON



ULTIMATE SPORTS STAR

JESSICA ENNIS

She's the down-to-earth golden girl we all love. At 24, she's achieved *so* much: Britain's first-ever heptathlon gold at the World Championships last year; pentathlon gold in March's World Indoor Championships *and* heptathlon gold at the European Championships this year. Now, for many, she's the face of London's 2012 Olympics. "I want gold," she says.

But whether it's getting star-struck when meeting David Beckham – "He's gorgeous," she confesses – or treating herself to a Mulberry handbag after a win, despite her success she's just like any of us. She even uses her profile to champion a healthy body image. "I hope girls look at me and see that I don't diet, I eat healthily, train hard and love chocolate too," she says. What a winner.

ULTIMATE US TV ACTRESS

CHRISTINA HENDRICKS

We know and love her as Joan Holloway, the ball-breaking office manager in US series *Mad Men*. With her hypnotic hips and sultry sashaying, she puts the macho males of 1960s' advertising agency Sterling Cooper firmly in their place. And it's not the only reason we rate her. The 35-year-old's killer curves have even been given the thumbs-up by the government. "She's fabulous," says Equalities Minister Lynne Featherstone. "We need more of these role models. There's such a sensation when there's a curvy role model. It shouldn't be so unusual." And it's not just women who love her – Christina was voted Best-Looking Woman In America in a survey by US *Esquire* magazine.

ULTIMATE HOTTIE

MARK SALLING

When *Glee* arrived on UK TV, *Cosmo* was instantly hooked. But although goody two shoes Finn is undeniably cute, it was bad boy Noah 'Puck' Puckerman who had us truly hot under the collar. And when we started suggesting our boyfriends get a Mohican, we knew for sure that actor Mark Salling was our Ultimate Hottie. Mark tells *Cosmo*, "What an accolade! Thank you to all my UK fans, I'm thrilled and honoured to have won such an incredible award."

It's not just fulfilling our fantasy of dating a jock that Mark has a talent for. His album of folk-inspired love songs, *Pipe Dreams*, is proving a hit too. So what does the 'technically single' 28-year-old look for in a girlfriend? "She'd be sweet and considerate. Naturally beautiful," says Mark, almost *exactly* describing us. Now, where did we put that cheerleading outfit? ›

BY MICHAEL BUTCHER. DEBBIE McGUOID AND JACQUI MEDDINGS. JESSICA PHOTOGRAPH COLIN BELL. HAIR AND MAKEUP VICTORIA BARNES, USING ARMANI. STYLING JARED GREEN. DRESS, RIVER ISLAND; SHOES, GIANMARCO LORENZI. CHRISTINA PHOTOGRAPH BRIAN BOWEN SMITH/AUGUST. MARK PHOTOGRAPH MC/CORBIS OUTLINE

COSMOPOLITAN'S ULTIMATE women AWARDS 2010 WITH AVON



COSMOPOLITAN'S ULTIMATE women AWARDS 2010 WITH AVON

ULTIMATE CELEBRITY WHO MADE US CARE

FEARNE COTTON

A highlight of the night was a surprise award for our wonderful host – and judge in our non-celebrity category – Fearne. At *Cosmo* Towers, when brainstorming which celebrity had made us care this year, we kept coming back to one name. A huge supporter of Children In Need and Comic Relief over the years, Fearne has excelled herself over the past 18 months. First she climbed Mount Kilimanjaro as part of a celeb team, raising £3.3million in the process. Since then, the 29-year-old has spent four days cycling from John O'Groats to Land's End for Sport Relief, trekked the Inca Trail in Peru for Breast Cancer Care, visited Africa and India for World Vision and continued her role as patron to children's charity Post Pals.

And it's not just us who have been moved by Fearne. "Getting to know Fearne has been an honour," says fellow Inca trekker Alexandra Burke. And Denise Van Outen tells *Cosmo*, "Fearne Cotton has a heart of gold, and I'm proud to say she's my friend." We heartily agree. ›

BY DEBBIE McQUOID. PHOTOGRAPH TITO ORTIZ/CELEBRITY PICTURES









Jumper – KAREN MILLEN
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ULTIMATE FRIENDS

JOANNE LOCK & MEGHAN FLEET

21 AND 20, DEVON

Last month, we told the incredible story of Meghan's devotion to her best friend Joanne – and your response to their moving story was overwhelming. Joanne was diagnosed with Hodgkin's lymphoma and was devastated as chemotherapy caused her hair to fall out. But in the spirit of true friendship, Meghan wasn't just there for her – she shaved her own head in support, keeping it shaved until Joanne went into remission and her locks grew back. *Cosmo* readers were deeply touched by the depth of the girls' relationship, one writing in to tell us, "I cried from the very beginning – and continue to be utterly amazed by the determination, compassion and sheer love shown from one woman to another." Their story reminded us that friends are among the most important people in our lives – and with them, we can get through anything.

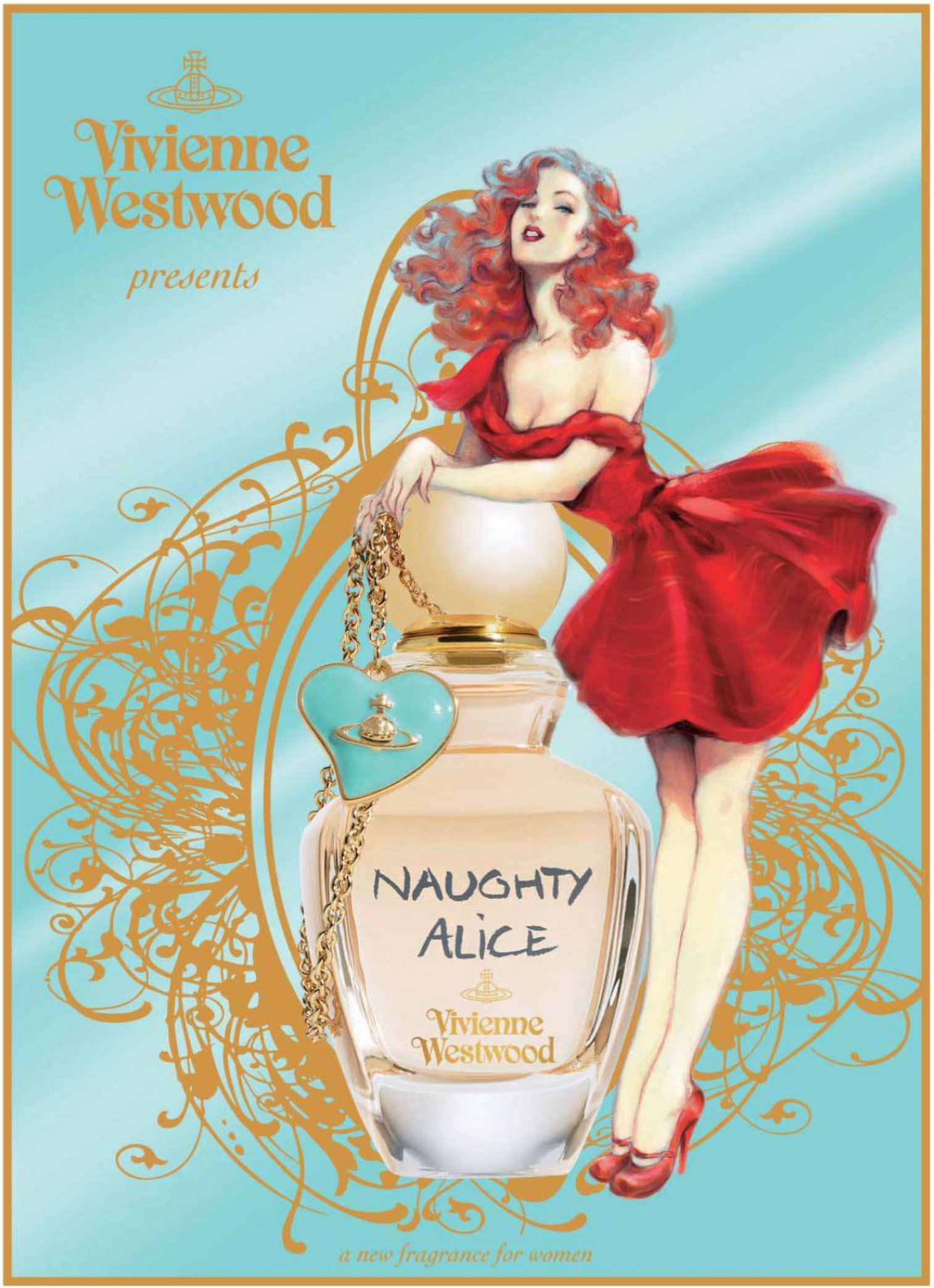
Why they got the judges' vote:
"This photo summed up to me what friendship's all about – there for each other every step of the way..."
***Editor of Cosmopolitan*, Louise Court**

BY ROSIE MULLENDER. PHOTOGRAPH ANTONIO PETRONZIO. HAIR AND MAKEUP VICTORIA BARNES



When Joanne (right) lost her hair through chemotherapy, Meghan shaved her head

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ULTIMATE CATWALK QUEEN

CRYSTAL RENN

As the world's most successful plus-size model, Crystal Renn loves her curves and has made the fashion world celebrate them too. She's proved you don't need to be a size zero to be a model. At 24, her size-14 figure has graced Chanel billboards, catwalks for Chanel and Galliano, American *Vogue* and, of course, UK *Cosmo*.

But glory hasn't come without a fight. Crystal first got into modelling as a teen after losing a third of her body weight to join an agency. But with skinniness came misery. "I was consumed with calorie-counting. When I went out to eat, I carried my own salad dressing and a calorie-counting book. It got to the point where if I continued like that, I could die. Nothing's worth that," she says.

But Crystal overcame her eating disorder. "One of the things I did to recover was to really look at myself – and I decided I'm worth fighting for," she says. She gained 5st and rebranded herself as a plus-size model with a figure that goes up and down. After years dreaming of being a top fashion model, her dreams came true once she had learnt to be herself. Now she's the poster girl for Evans, and passing on the message to love your body is just as important to her as being on the cover of magazines: "Whoever you are, whatever you do, own it. Be you, and love yourself. Only then can you expect others to as well. I'm deeply touched to win this award." ›



Crystal shunned skinniness to become a plus-size supermodel

COSMOPOLITAN'S ULTIMATE women AWARDS 2010 WITH AVON

BY JACQUI MEDDINGS. PHOTOGRAPHS LEE CLOWER/THE NEW YORK TIMES/REDUX/EYEVINE



ULTIMATE UK MUSIC STAR

ALEXANDRA BURKE

Alexandra Burke's enthusiasm is infectious. "Oh, my goodness," she squeals. "When I found out about winning my *Cosmo* award, I was so excited. I feel very, very honoured, so thank you."

We get the feeling one of the reasons Alexandra, 22, is always so happy is because the road to her current success hasn't been the easiest one. "I never get used to it. I never get complacent," she tells us.

And this year's seen Alexandra become a bona fide pop star, scoring her third No.1 single with *Start Without You*. "It's been incredible," she says.

Most recently, Alex trekked the Inca Trail for Breast Cancer Care with new BFFs Denise Van Outen and Fearne Cotton. But it's her first solo tour next year she's looking forward to most. "I have full creative control and I'm directing it all myself," she tells us excitedly.

We seriously can't wait. Told you this girl was infectious...

ALEXANDRA BURKE: BY DEBBIE McQUOID. HAIR MICHELLE FULTAN. MAKEUP CAROLINE BARNES AT FRANK. DRESS, ARROGANT CAT. NECKLACE, CUSTOM MADE AT WWW.THOMASNAYLER.CO.UK.





ULTIMATE EDITOR'S CHOICE

KATIE PIPER

Katie Piper's huge smile is the first thing you notice about her – but it's taken a lot for her to come so far. In 2008, the man she'd been dating beat and raped her – then three days later his friend threw acid in her face. Katie, 27, suffered third-degree burns and is blind in one eye, yet bravely told her story on TV.

"Afterwards, Simon Cowell contacted me to ask if he could help, which was amazing," Katie says. She's now set up The Katie Piper Foundation (www.katiepiperfoundation.org.uk). With Simon as patron, the charity supports people who've suffered burns. "Hope is a powerful thing," Katie smiles, "and I want to give people hope."

Why she got the judges' vote: "Katie is awesome. A total inspiration and a beautiful woman."

Editor of* Cosmopolitan, *Louise Court

ULTIMATE FILM ACTRESS

GEMMA ARTERTON

Cosmo's favourite Bond girl, Gemma Arterton, has a stack of film credits to her name and she's still only 24. The former makeup salesgirl from Gravesend shot to stardom three years ago, as wayward head girl Kelly in *St Trinian's*. Since then she's lit up the screen in *Quantum Of Solace*, snogged Jake Gyllenhaal in *Prince Of Persia* and played journalist Tamara Drewe in the film of the same name. Her most recent role is in the West End in *The Master Builder*. And she doesn't just do high-glamour roles – in recent thriller *The Disappearance Of Alice Creed*, she's kidnapped and tortured in one of the most harrowing scenes we've seen in a long time. When Gemma heard she'd won a *Cosmo* award she said, "Thank you so much. This has been a whirlwind of a year for me and I really appreciate the support your readers have given me." ›

COSMOPOLITAN'S ULTIMATE women AWARDS 2010 WITH AVON

KATIE PIPER: BY ROSIE MULLENDER. PHOTOGRAPH COLIN BELL. HAIR AND MAKEUP VICTORIA BARNES, USING ARMANI. STYLING JARED GREEN. DRESS, H&M. SHOES, STYLIST'S OWN. JEWELLERY, ERICKSON BEAMON. GEMMA ARTERTON: BY MICHAEL BUTCHER PHOTOGRAPH JULIAN BROAD/CONTOURPHOTOS.COM


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ULTIMATE WOMAN'S WOMAN

JASVINDER SANGHERA

45, DERBY

Jasvinder is the voice of thousands of young women and girls. When her charity Karma Nirvana was set up 17 years ago, forced marriage and honour-based violence were barely spoken about. Now Jasvinder speaks at 100 events a year, often risking her own safety to do so.

She knows what it's like to be one of those girls. At 15, rather than be forced into a marriage she didn't want, she ran away from home. Her family disowned her and, dogged by guilt and isolation, Jasvinder attempted suicide. Then, when she was 22, her sister Robina killed herself as a result of being trapped in a horrific marriage. Jasvinder has fought ever since to stop others suffering like Robina.

The West Yorkshire-based charity's Honour Network helpline receives 400 calls a month from young men as well as women needing a lifeline. This summer she also launched Karma Nirvana's first roadshow. Attended by around 10,500 people, it'll now be an annual event in towns and cities most plagued by honour-based violence.

Jasvinder was instrumental in getting the Forced Marriage Act made civil law in 2007. Her next goal is to make forced marriage a criminal offence. "People must see forced marriage for what it is – it's often child abuse, and people should stop making excuses because of culture."

The next generation is already feeling the effects of her bravery. Her eldest daughter, Natasha, 25, who's just started training as a barrister, is planning to marry her boyfriend. "My mum played a huge part in my choice of partner – because of respect, rather than fear," she says. Jasvinder adds, "Seeing Natasha reinforces that the decision I made at 15 was the right one."

Why she got the judges' and Avon's vote: "She turned around her own experiences of running away from home, being disowned and suffering her sister's suicide so that she could help others. Incredible."

Ultimate Women judge, Mel B ›



Jasvinder (right) with her sister Robina

AVON ULTIMATE woman's WOMAN WITH COSMOPOLITAN

BY MEL HUNTER. PHOTOGRAPH COLIN BELL. HAIR AND MAKEUP VICTORIA BARNES, USING ARMANI. STYLING JARED GREEN. WWW.KARMANIRVANA.ORG.UK. HONOUR NETWORK HELPLINE 0800 5999 247



COSMOPOLITAN'S ULTIMATE women AWARDS 2010 WITH AVON

ULTIMATE LOVE STORY

KEVIN & JANE WHITEHEAD

30 AND 31, SOUTHEND-ON-SEA

After surviving a terrible motorbike crash, Kevin's memory was peppered with holes. A psychologist suggested he contact people from his past, but out of all the people from Friends Reunited, he recognised just one – his first girlfriend, Jane. So in 2002, 10 years after they'd split aged 13, Kevin called her out of the blue in an attempt to unlock his past. "He was the last person I expected to hear from," says Jane.

Jane took Kevin to the places they used to go. Memories trickled back and one day they found themselves kissing in the same place they'd shared their very first kiss a decade earlier – by the River Thames in London. They were falling in love again. Life wasn't easy – Kevin's memory loss meant he got confused, but Jane helped him rediscover himself. "She was my rock," he says.

Kevin proposed in 2006 and they married the following year. Now their happiness is complete after having twins. Kevin's crash could've been the end of his life but it led to a whole new future.

Why they got the judges' vote: "Kevin's love for the woman he'd forgotten survived. He was brought to life again by love – nothing's more romantic."

Ultimate Women judge and* Cosmo *agony aunt Irma Kurtz ›

BY JACQUI MEDDINGS. PHOTOGRAPH COLIN BELL. HAIR AND MAKEUP VICTORIA BARNES, USING ARMANI. STYLING JARED GREEN. JANE: DRESS, DOROTHY PERKINS; EARRINGS, STYLIST'S OWN. KEVIN: SUIT AND SHIRT, ZARA; TIE, DOLCE & GABBANA





Kevin and Jane were teenage sweethearts


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ULTIMATE FEARLESS FEMALE

KATE NESBITT

22, DEVON

Would you risk being killed to save a stranger's life? That's what Royal Navy medic Kate did while on patrol in Afghanistan. When a call came in that a man was down, Kate was told to wait till it was safe to go in – but, with bullets flying, and with no thought for her own safety, she made her way over to where soldier Jonathan List lay seriously wounded by machine gunfire.

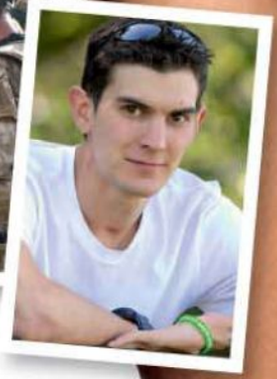
"He'd been hit in the side of his face and the bullet had ricocheted out of his neck," Kate recalls. Under continued heavy fire, she ignored orders to take cover so she could put a tube into his airway to help him breathe, and give him morphine. The ambush lasted a further 30 minutes, during which time she stayed by his side, and then helped him into a helicopter before continuing with her patrol.

In November last year, she received the Military Cross 'for exemplary gallantry during active operations against the enemy' – becoming the second female member of the Armed Forces, and first female member of the British Royal Navy, to do so. "When I found out, I was really emotional," says Kate. "I felt like I was receiving it on behalf of all the medics – everyone did a fantastic job."

And her achievements don't stop there – in September, she trekked across the Pyrenees to raise money for the British Legion. Jon's mum Debbie says, "Without Kate, Jon would have died. She gave us back our son – and now we have a beautiful granddaughter, Madison Kate (named after Kate, of course)."

Why she got the judges' vote:
"Kate is an incredible woman. I love her superhuman efforts to make sure her teammate survived – she totally put her life at risk."
Ultimate Women judge Fearne Cotton ›





Left: brave Kate (centre) with some of her colleagues. Below: Jon owes his life to Kate

BY ROSIE MULLENDER. PHOTOGRAPHS COLIN BELL, *THE SUN*. HAIR AND MAKEUP VICTORIA BARNES. USING ARMANI. STYLING JARED GREEN. DRESS, ALICE AND OLIVIA; EARRINGS, ERICKSON BEAMON

COSMOPOLITAN'S ULTIMATE women AWARDS 2010 WITH AVON

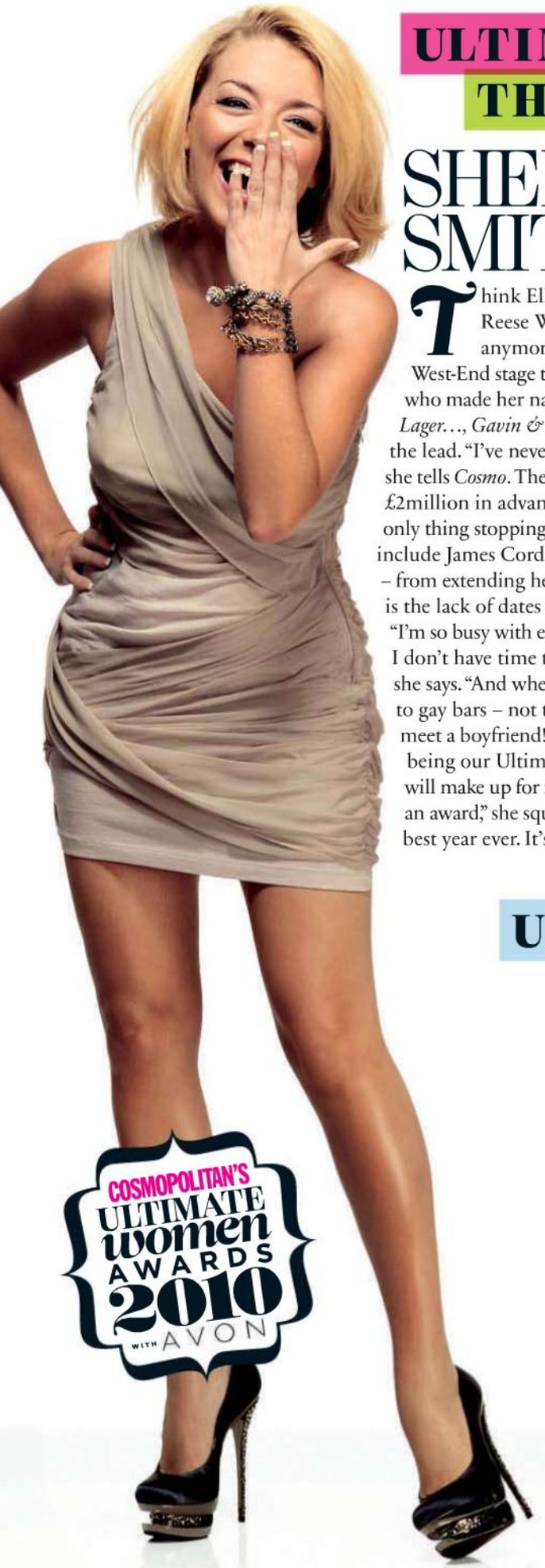
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ULTIMATE THEATRE STAR

SHERIDAN SMITH

Think Elle Woods and you think Reese Witherspoon, right? Er, not anymore! *Legally Blonde* hit the West-End stage this year and Sheridan, 29 – who made her name on TV (*Two Pints Of Lager…*, *Gavin & Stacey*) – was *born* to play the lead. "I've never wanted a part so badly," she tells *Cosmo*. The show took a whopping £2million in advance ticket sales, and the only thing stopping Sheridan – whose exes include James Corden and Ross McCall – from extending her run past early 2011 is the lack of dates her job gets her. "I'm so busy with eight shows a week I don't have time to meet anyone," she says. "And when I do go out, it's to gay bars – not the best place to meet a boyfriend!" Well, hopefully being our Ultimate Theatre Star will make up for it. "I've never won an award," she squeals. "I've had the best year ever. It's been amazing."



BY DEBBIE McQUOID. SHERIDAN: PHOTOGRAPH COLIN BELL; HAIR AND MAKEUP VICTORIA BARNES, USING ARMANI. STYLING JARED GREEN. DRESS, ALICE AND OLIVIA AT HARVEY NICHOLS; SHOES, GIANMARCO LORENZI; BRACELET, ERICKSON BEAMON. CHRISTINE: PHOTOGRAPH DAVID VENNI/CELEBRITYPICTURES.CO.UK

ULTIMATE TV PRESENTER

CHRISTINE BLEAKLEY

Christine's star quality has shone this year. After becoming the nation's TV sweetheart on *The One Show*, she moved to ITV's breakfast show *Daybreak*, joining her sofa mate Adrian Chiles. Despite her critics, Christine's megawatt smile has never left her face. Christine, 31, has also raised £1.5million for Children In Need by waterskiing the English Channel – despite being scared of water – and is dating footballer Frank Lampard, which has kept the gossip pages buzzing. "Within the first six months of dating, we were supposedly moving in, getting married, I was pregnant," she laughs. "In reality, we like our takeaways and watching TV." Or polishing up her *Cosmo* award? "I couldn't believe I'd won!" she says. "I'm more than excited. I never thought I'd even be in the running for it, never mind win it!" ◆

COSMOPOLITAN'S ULTIMATE women AWARDS 2010 WITH AVON



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THE party THAT CHANGED MY life

At this time of year it's easy to suffer from party fatigue. But as these girls can tell you, one night is all it takes to change your life...



Hannah at her work Christmas do in 2007

'This photo made me lose weight at last'

A set of party photos triggered Hannah Dennis, 22, to shed almost 5st

"If you'd told me a few years ago what my life would be like now, I'd have been amazed. I'm a totally different person. I recently got a job as a graduate trainee at an accountancy firm, and for my interview I had to give a presentation in front of a roomful of people. But before the party that changed my life, I wouldn't even have had the confidence to apply for it.

"I'd always struggled with my weight, even though I'd tried every diet under the sun. My weaknesses were Chinese takeaways, Dairy Milk – and eating the same-sized portions as my boyfriend. I'd pick at food all day, but still manage to find room for three meals, too. Gradually, I crept up to 15st 7lb – at 5ft 9ins I was a size 18 – but never had the willpower to stick to a diet.

"I was so unhappy about my size, and clothes shopping was a nightmare. I'd sometimes spend two hours getting ready in the morning, but still cry on my way to work. Occasionally, I'd be too upset to leave the house at all.

"Then, in 2007, I had to buy an outfit for my work's Christmas party. Knowing I'd feel uncomfortable whatever I wore, I just bought some plain black jeans and a top that would hide my stomach, while all the other girls wore glamorous dresses.

"The party was held at a manor house, and included a sit-down meal. I should've been excited but I was miserable. I worried that people would think I shouldn't even be eating. I had to get drunk just to calm my nerves and get through it.

"Because I was so self-conscious, I never let people take my photo. But that night, because I'd been drinking, I let my guard down and gave my camera to a friend to take a picture. I didn't realise it at the time, but that decision was going to change my life.

"The next day, looking at the photo, I was horrified. I looked huge next to my slimmer friends, and I was waving an arm in the air, which looked enormous. It was the wake-up call I needed.

"I decided right then that I'd lose weight, starting on 1 January. This time, I wouldn't give up. Although I was determined, it was a real struggle at first, and the weight came off slowly. But then I joined Weight Watchers, and found that its Discover Plan suited me really well. Over the next five months, I lost another 2½st, until I was down to 10st 10lbs, and a size 10.



Hannah loves her new slimline body

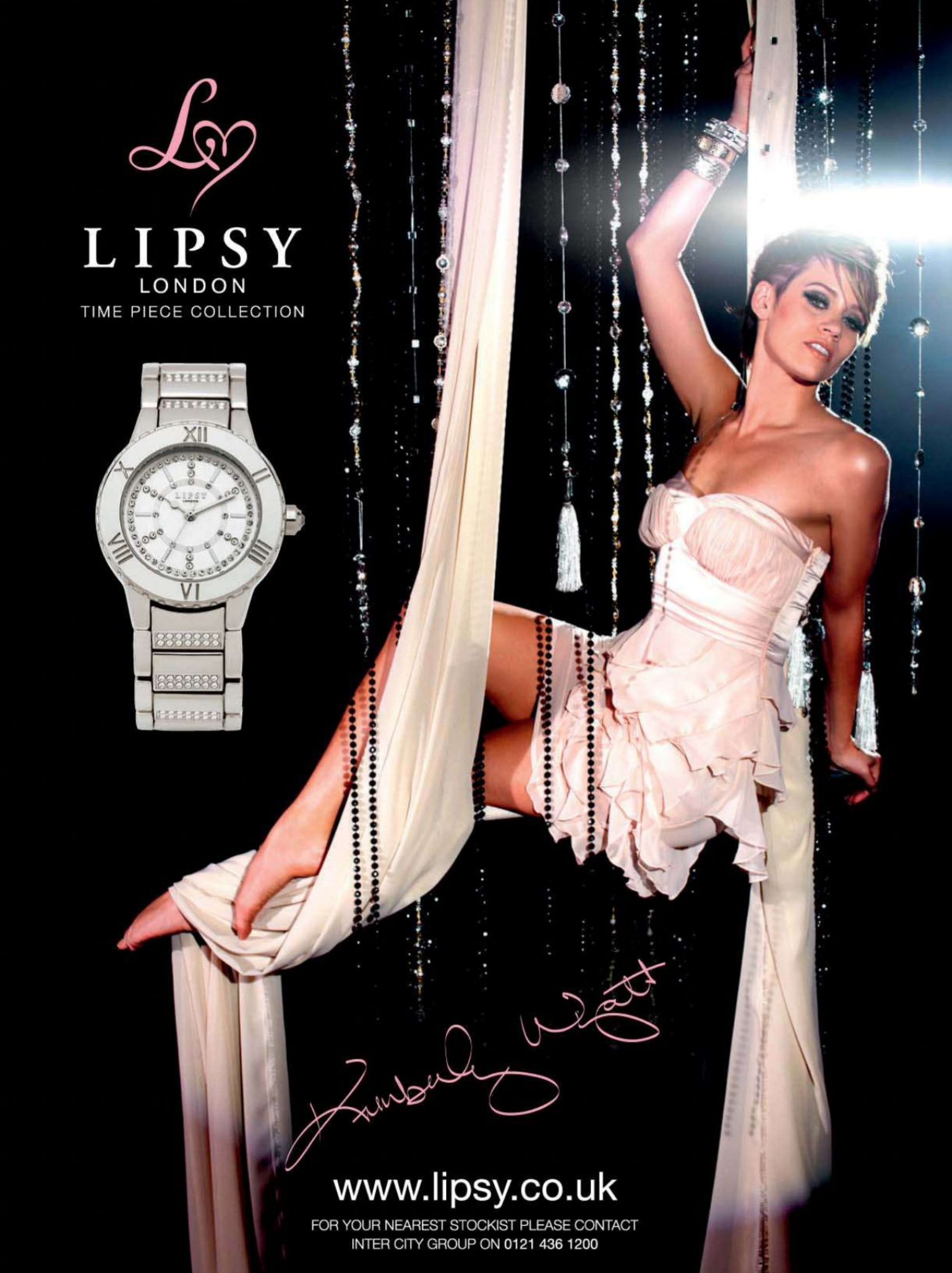
"Just being able to leave the house or try on clothes without thinking twice is amazing. And when I bought a size-10 dress for my uni summer ball, it felt amazing. It's been hard work, but so worth it. It's no exaggeration to say that party changed my life completely."

• *For more details visit www.weightwatchers.co.uk.* ›



The trampoline party was a huge success

It's been calculated that women spend a total of 13 days preparing for their office Christmas party


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Haley and James on the night they met

'I met my husband'

Haley Hill, 32, was focused on her career when a very unexpected encounter changed her life

"In summer of 2005, I'd been single for a year after several long-term relationships. I had a fantastic social life, spending my time at the gym and hanging out in bars with my friends. I met plenty of men, but no one I really clicked with.

"It got to the point where I was starting to miss having someone to go to dinner and spend my Sunday nights with. I joined a few online dating sites but found them pretty disappointing. I contacted about 25 men, and went on 12 dates, but found that they rarely looked like their pictures, and weren't anything like they'd described.

"After six months, I was fed up with feeling let down, and wished there was a way to check that men matched their profiles before you met up with them. That's when I had my brainwave – I'd set up a dating agency that did just that. I had £1,000 savings, which I used to launch Elect Club, which would match professionals with each other by me meeting each member personally and working out who'd be a good match.

"A month later, I threw my first singles' party, where members and non-members could mingle. It was so successful, I threw another just six weeks later. Hiring a boat on the Thames, 150 single men and women turned up. Ironically, although I was surrounded by single men, I was so busy with my business that I'd put my own love life on hold.

"By the end of the night, everyone had had a fantastic time – and a man called James came over to thank me. We started chatting and he bought me a drink. He seemed nice but I didn't really see him as a potential boyfriend. I was thinking of the business – he wasn't a member of the agency but took my number in case he decided to join.

"To my surprise, he called the very next day – and asked me out for dinner. I accepted, and this time I saw him differently – and realised that there was obviously a brilliant spark between us. For starters, we're both quite ambitious and love socialising. There was no game-playing either, and we started seeing each other regularly. We got married in January 2009 and I'm now expecting twins. The business is also doing fantastically well – I've got a team of staff and we've started franchising.

"That party not only transformed my personal life but it launched a business that I love too. I can still hardly believe that it was my own matchmaking party that found me the man of my dreams – but I'm very glad it did!" ›

'The men on dating sites rarely looked like their pictures, and they were nothing like they'd described'



Natasha speaks at a Women For Women International event

'A chance encounter changed my career'

Natasha Baranowski, 24, didn't know what direction her life was going in – until she met a stranger who changed everything

"I'd been invited to a 21st birthday party in December 2007, but it was for a friend of a friend, and I really wasn't sure whether to go. I was studying history at the University of Edinburgh, and the party was being held in a local club, so eventually, I decided I might as well.

"After I got there, I was queuing at the bar when I started chatting to a girl. I didn't know her, but for some reason she mentioned a book she was reading, called *Hidden In Plain Sight*, which was about a girl who had grown up in Iraq under Saddam Hussein's regime. We didn't talk for long, and I didn't see her again for the rest of the night, so I didn't think much about it.

"But then two months later, when I was looking for something to read, memories of the party popped into my head. I remembered the conversation we'd had and decided to buy the book the girl had mentioned. It was strange – at the time, the party hadn't seemed that big a deal. But as it turned out, it would change the direction of my life altogether.

"The book was incredibly inspiring. The author, Zainab Salbi, had dedicated her life to supporting women's rights through a charity called Women For Women International, and it made me realise that was something I wanted to do, too. I'd toyed with the idea of working in a museum, but had never considered something like this. Yet suddenly, my future path seemed clear.

"I was still at uni, but started researching the work Zainab had written about – such as sponsoring women to help them set up their own businesses. Two months later, I made contact with Women For Women International.

"I started working with the charity, and last year helped coordinate its 2010 'Join me on the bridge campaign' in the UK, which gathers women together as part of a global pro-peace movement. And after graduating this summer, I'm now working with them as a full-time intern.

'I'd never considered doing something like this – yet suddenly my future path seemed clear'

"The charity works in eight countries, including Rwanda, Sudan and Iraq, and I'm the global director for 2011's campaign, which launches in March. I know now this is what I want to do for a career, and I plan to do a Masters in conflict resolution to help me achieve that.

"If I hadn't decided to go to that party, I genuinely don't think I'd be where I am, or be heading in the direction I'm going. It's so rewarding – and strange to think that I was so close to skipping the party that changed everything."

'I'd party all night – then sleep with a member of royalty'

When Sally* got a job in a harem, her life became like a movie

"I grew up in a normal, middle-class home, but dreamt of being an actress and left home at 16. Jobs were hard to find, though, and I ended up working as a private dancer in a bar, then as an escort. When I was 18 I heard about auditions for a big-paying job – £10,000 for two weeks' work. I decided to go along to find out more and, a week later, was told I'd been accepted as the 'personal guest' of a member of Asian royalty. I knew there would be sex involved but the offer was so exotic and intriguing, I couldn't resist.

"A few days later, I was flown to a grand palace on the other side of the world, and straight away was ushered to a party unlike anything I'd been to before. The room was filled with beautiful women draped on opulent couches. The woman in charge explained that the royal himself would be arriving soon, along with cabinet ministers and other royals, but that we weren't allowed to talk to them unless they spoke to us first. When he arrived, he was wearing tennis whites and carrying a racket. He was good-looking and charismatic, but ignored me for most of the night, at the end of which I went back to the guest house I shared with some of the other girls with questions racing around my mind.


Sally ended up as part of a harem

PIC POSED BY MODEL

"After that first party, it was the same every night – the 40 girls in the harem would party, awaiting his arrival. Near the end of my two weeks, I sang him a song I'd memorised in his native language, and he asked me to stay. The next day, a guard came to my room and led me to a sumptuous room where I was told to wait. He eventually appeared, and took me to a bedroom where we had sex for the first time. When it was over, he got up and left. At first I worried I'd done something wrong – but from then on, we had sex at least once a week.

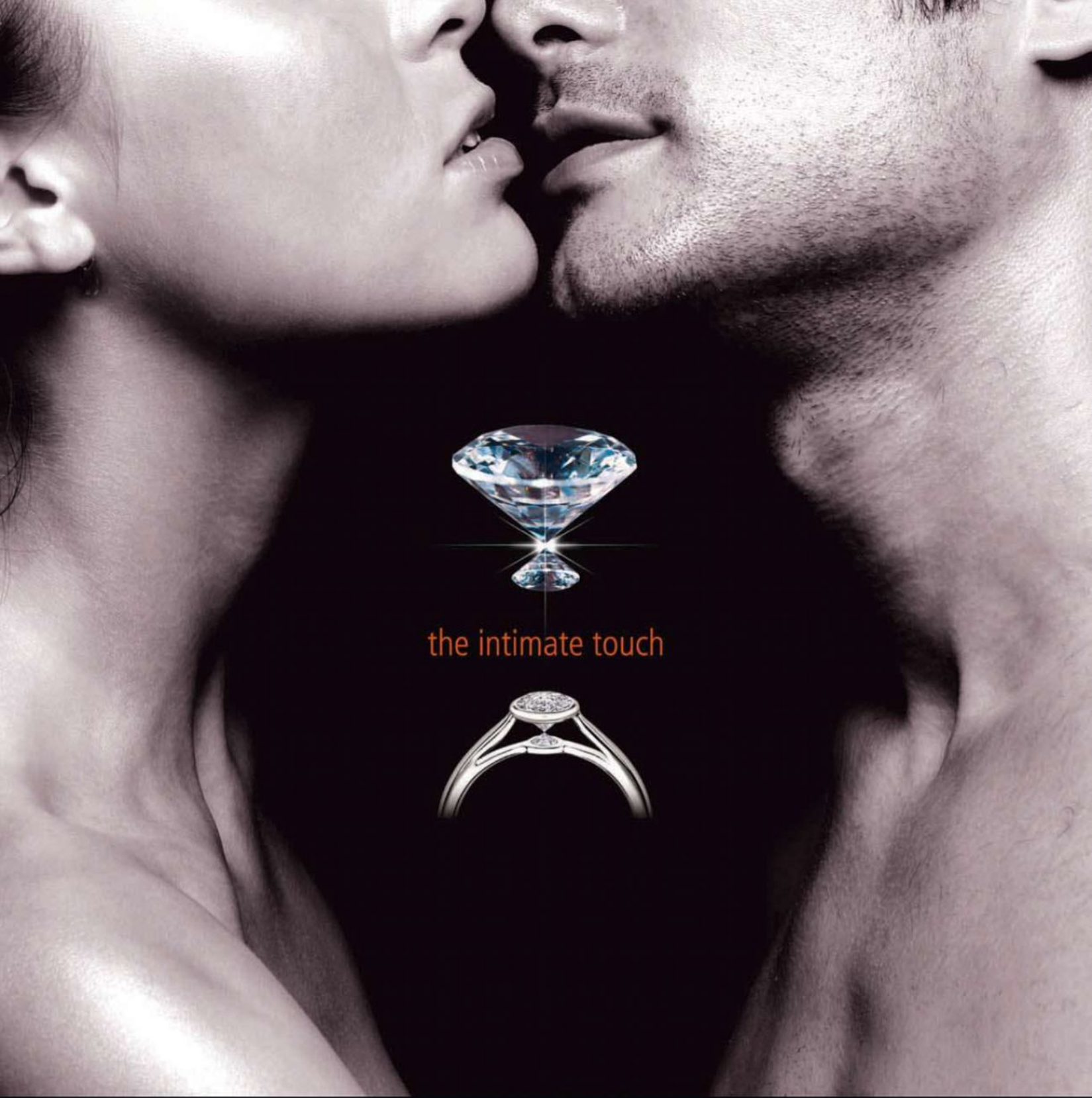
"He bought me lavish jewellery, and I went on huge shopping sprees with no price limit. I loved the extravagance – although part of me also felt sick for wasting so much money on designer clothes.

"After six months, I was restless and felt it was time to move on with my life, so I made up an excuse to leave. I flew home with a stash of cash and a pile of jewellery.

"I don't regret my time as part of a harem, and I'm not ashamed of it. But it took me a long time afterwards to figure out what my real values were. That party certainly changed my life – in good ways and bad." ◆

BY ROSIE MULLENDER AND CARLENE THOMAS-BAILEY. PHOTOGRAPHS: ISTOCK, PAMELA HANSON/TRUNKARCHIVE.COM, SASHA EISENMAN/TRUNKARCHIVE.COM, JILL TODD. *NAME HAS BEEN CHANGED

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THE Man Manual

What's really on his mind?



3 things men are thinking about this month

1

Getting back with an unsuitable ex
With Christmas approaching, hopes for a decent present are dwindling fast.

2

The return of the Ugg boot
We know you love them, but we fear this sweaty-socked, clumpy time of year.

3

Worrying about penis size
This thing is retreating inside its burrow like a shrew. Must be the cold. Yes – it's the cold.

Cosmo's *Man Of The Month*

Ashton Kutcher may be loved-up with wife Demi, but he can be our winter warmer any day...

BY CHRIS BELL. PHOTOGRAPH BEN WATTS/CORBIS OUTLINE



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Clockwise from back left: Aston, JB, Marvin, and Oritsé

What goes through men's minds... ...JLS talk about women

INTERVIEW * PAUL SIMPER

We've seen their six-packs and watched them cry, but what do they think about condoms, dating, lucky underpants and dumping by text?

Do you always know when a woman is flirting with you?

ORITSÉ: "No."

ASTON: "Yes."

ORITSÉ: "One time when we were on *X Factor,* we had to speed-date and judge who was into you and who wasn't. There was this one girl who I thought was cool, but little did I know what was coming, and 15 minutes later she was all over me. In public!"

ASTON: "If someone is taking an interest in you then you know it. Everyone flirts naturally."

MARVIN: "It can depend on timing and circumstance. There was a time with this girl when I didn't know she liked me. We got on really well but one day she told me exactly how she felt. The trouble was, I'd just started seeing someone else. She was such a lovely girl so it was the hardest thing to say it couldn't happen." ›


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"How many more do we need for the *Reservoir Dogs* thing?"

Who was the most confident with women before you became famous?
ASTON: "Marvin. He's oldest and wisest."
JB: "He's been around the block."
ORITSÉ: "He's got the swagger."
MARVIN: [Modest grin] "I don't know if I agree, but I'll take it. I'm 25 now so I guess I've got the most experience."

Do girls ever play it cool and pretend not to know who you are?
ASTON: "All the time."
ORITSÉ: "Some girls have even been to a JLS signing and pretended not to know who we are. We're sitting there with a poster behind us!"

What kinds of girls are you most attracted to?
ASTON: "Accents do it for me every time. Just any accent that's different from mine."
MARVIN: "American, Scouse, Glaswegian."
ASTON: "Sometimes a Brummy one really does it for me."
ORITSÉ: "English girls pinch your bum the most. They're definitely the most forward."

Do you attract cougars?
JB: "The funny thing is they always pretend the photo is for their daughters. They get in the photo and try to position their arms so it's not in the small of your back, where it normally would be when you're posing for a photo. It's always a little bit lower than it should be. When that hand is almost touching your bum, that's when you know it's a cougar."
ORITSÉ: "We were doing a meet and greet in Scotland and this woman put her hand down my pants and grabbed my arse. I was thinking, 'My god! What the…?!' She looked at me and winked. That was crazy. I could not believe it."

'This woman put her hand down my pants and grabbed my arse. That was crazy'

Marvin, how long did you leave it after Rochelle (from The Saturdays) had split from her boyfriend before you put in that call?
MARVIN: "We were friends when she was with her boyfriend, so when they split I felt I had to keep my distance and give her the time and space she needed. But on the flip side, I was thinking I didn't want her to get snapped up by someone else. I think it was a month. I dropped the odd text every now and then to see how she was. But it was only when I felt she was getting over it that I asked to take her out."
ASTON: "I was telling him that he should phone her."

Who chooses the women in your videos?
MARVIN: "We do. Most of the time. Well, actually, once."
ASTON: "To be fair, we've only actually done two videos with girls in."
MARVIN: "For the *Everybody In Love* video we got sent showreels of 300 girls and we had to sit there one afternoon and watch them all [wipes brow]. It was so hard. My dad helped me, and my mum."
JB: "My girlfriend Chloe helped me to pick my video girl, Kirby. She said, 'She looks cool'."

Oritsé, you did quite well with one of the *Everybody In Love* girls, didn't you?
ORITSÉ: "Yeah, I did."
ASTON: [Grinning] "How well did you do, 'Ritsé?"
ORITSÉ: "It happened at the start of the day of filming. The music was playing, she was a bit nervous, her lips gravitated towards mine, we met in the middle and, yeah, there was a kiss."
MARVIN: "You know that part in *Hitch* where Will Smith says, 'You go 90 and I'll go 10.' Oritsé went 150!"

Have any of you ever worn lucky pants?
ORITSÉ: "Yeah. My SpongeBob SquarePants ones. They're the way to go. I like cartoon boxers and I like SpongeBob, so they're perfect. I had them on the day of the *Everybody In Love* video shoot. They have the power."
ASTON: "I used to have a pair of black boxers I'd wear for football that were my lucky pants."
JB AND MARVIN: "We've got Calvins. Our pants are always lucky!"

Have you ever used your girlfriends' bathroom products?
ORITSÉ: "Victoria's Secret Body Mist."
JB: "If I'm in a rush I'll use her deodorant. The spray, not the roll-on. It smells nice as well, so you can't complain."
ORITSÉ: "Dove is good. I only use women's deodorant. I prefer the smell and the men's one is too harsh on my skin. Women want you to smell nice."

Oritsé, you've said that your guitar is your girlfriend. Is that because you'd like a girl who's wild and electric or one you can gently strum?
ASTON: "He normally plays the ukulele so what would you make of that?"
ORITSÉ: "Um, a little bit of both."
MARVIN: "It has to be wild and electric, 'Ritsé…"
ORITSÉ: "Yeah, of course."
MARVIN: [chuckles] "You aren't gently strumming nothing, man!"

How does a relationship change when you move in with a girlfriend?
MARVIN: "It's great. Rochelle and I are sharing now. We don't see each other loads because of work but we try to get home even if that means she gets back at 7am because she was working with The Saturdays in Wales till 2am. She travelled ›

through the night to get home. We didn't spend the night together but I got to see her before I left for work in the morning."

ASTON: "I'm too young to think of my ideal home. I'm 22. The place I'm in now is my lad's pad. All I need is my Xbox, PlayStation 3, Wii, a big, big, big TV and a little cooler for my beers. You need a killer, durable bed with a great mattress. The mattress is the thing. I don't need an expensive frame. I'd rather just have a great mattress and put it on the floor."

Should your partner influence your wardrobe choices?

ORITSÉ: "Absolutely. We went to Marvin's house the other day for dinner and he showed us around. Rochelle had done the walk-in wardrobes in the best way possible."

ASTON: "The colour coordination on the clothes was immaculate."

ORITSÉ: "Rochelle smashed it. I felt jealous. I'm going to go home and rip out my own wardrobe and ask Rochelle to help me out!"

Would you be more or less likely to date someone who had a JLS ringtone?

ORITSÉ: "If you're supporting my boys, my band and my career then that's all good."

ASTON: "No problem with that."

JB: "I'm not so sure about when they have tattoos of us. One girl who was quite young had our name and four stars on her back. I was surprised at that one. But I thank her for her passion for the band."

Would you date someone who couldn't dance?

ASTON: "Yes."

JB: "If my girlfriend had no rhythm whatsoever, I'd find it a little bit difficult."

ORITSÉ: "Everyone has different talents. Music and dancing aren't the only attractive talents in a girl."

ASTON: "If a girl can paint…"

ORITSÉ: "Or if she can speak another language."

Are bromances as important as romances?

ORITSÉ: "Bromances are *more* important than romances."

ASTON: "If you break up from your romance then your boys are the first people you need to go to."

JB: "Bromances are the foundations on which you then build a romance on top."

EVERYONE: [Having a bit of a moment] "True."

If a girl asked you to choose between her and JLS would she be the wrong girl?

ORITSÉ: "Hell, yes."

JB: "I had a girlfriend before we did *X Factor* and she wanted to spend all her time with me. But I told her that on Saturdays I worked in the studio. We'd rehearse for six hours straight. The rows I had with her over that! But she knew where I was and what I was doing. It wasn't like I was just out with the boys. She couldn't handle it. But I think until you're married and have kids, that's the way it has to be. Otherwise you don't make it. If you find a girl who can put up with that then she's The One."

Is it the guy's or the girl's responsibility to carry condoms?

ALL: "Both."

ASTON: "Both are taking part in sex so it should be equal. It's like wearing a seatbelt in the car. Why wouldn't you wear one just because you're not driving?"

Which of you has got the JLS condom with his own face on?

ALL: "All of us."

MARVIN: "To clear one thing up, our faces are not on the actual condoms. We're just on the cardboard box."

JLS star crushes

Who are your celebrity crushes right now?

JB "I really like *Gossip Girl*. I'm not ashamed to say it. It's a bit of a guilty pleasure. I've really taken to Blake Lively who plays Serena. She's in *The Town* as well. She's really crept up on me."

Aston "The girl in Bruno Mars' *Just The Way You Are* video is unbelievable. Actually incredible."

Oritsé "We met the James Bond girl Olga Kurylenko from *Quantum Of Solace* at an awards ceremony and she was very sexy."

Marvin "Emmanuelle Chriqui, who plays a character called Sloan in *Entourage*. She's really hot."

Is dumping by text acceptable?

MARVIN: "No."

ORITSÉ: "If you respect somebody you should definitely say it to them face to face, no matter how much it hurts. A girl has said to my face, 'This can't go on any longer.' Although it hurt, I respected her for saying it to me. We stayed friends."

MARVIN: "There's never a good time to finish a relationship. I've put off finishing them because Christmas was coming up or it was her birthday. Dumping by text is wrong but even if you do it face to face, they'll still have a go at you."

What's the one thing you'll never understand about women?

ASTON: "Everything."

MARVIN: "Why they take so long to get ready. They know they have to be ready by, say, 5pm and when it gets to that time they're still putting makeup on."

ORITSÉ: "Why when the weather's cold they don't want to wear a jacket out at night. They're freezing. I want to say to them, 'It's OK to carry a coat. You look just as sexy with clothes on as clothes off'."

JB: "Why a girl – whatever little argument you've had – will always bring up all the other arguments you've ever had. They forget nothing. It's all filed away."

MARVIN: "They've got a part of the brain we don't have. We can remember stats and football scores."

JB: "We'll remember what was said loosely but they'll bring it up in such detail that even if you didn't actually say that, you'll think you did."

ASTON: "Why is it when you ask if they're OK and they say they are, they're not?" ◆

• *The boys' single* Love You More *is out on 14 Nov; the album* Outta This World *is released on 22 Nov.*



Did your mums never teach you to keep your feet off the furniture?

JLS reveal more of their secrets at www.cosmopolitan.co.uk/men/channel

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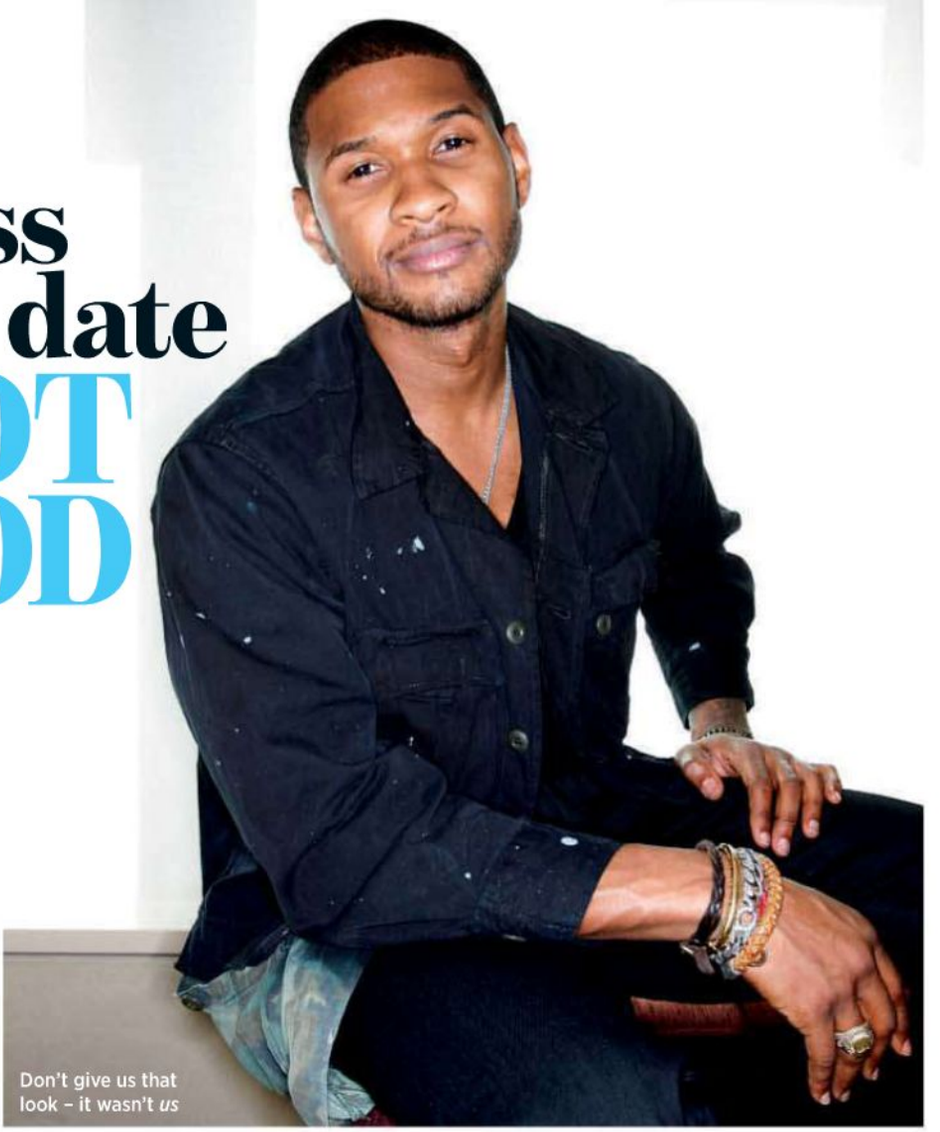
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'Never pass gas on a date IT'S NOT A GOOD IDEA'

Usher isn't talking to himself – he's addressing us ladies. Who *has* he been mixing with?


Don't give us that look – it wasn't *us*

You're a massive hit with the *Cosmo* girls. Have you always been this popular?

"I tried to be! [Growing up] I was always around women, so I knew how to identify with girls. So it was a natural progression to woo the ladies."

You used to be a choirboy. How did you go from cute to cool?

"I give credit to Puffy [P Diddy produced Usher's first album in 1994]. At a young age I was exposed to good stuff, then I found my own way through music."

What's sexy in a woman?

"The small of a woman's back. There is a tenderness a woman has that could make a man fall to his knees and a strength that will tell him to be the greatest of all. For a woman to be able to dominate and also be feminine and soft, that's a talent. And it's not about appearance. A woman who has a brain, who is street-smart and book-smart – that woman is very, very sexy to me."

If we were on a date with you, what should we *not* do?

"Pass gas. Never pass gas on a date. It's not a good idea, I'm telling you."


So cute! Baby Usher matches his outfit to his wallpaper

Sort of goes without saying! What will you never get about women?

"Your inability, at times, to see things the same way as us. Women see things that we don't."

Maybe we have better eyesight!

"Ha! I guess it's more important for a man to *hear* a woman, not just listen. The perfect relationship is one where both parties try to understand what their mate is not just saying, but feeling too."

You have two sons – Usher Raymond V, three, and Naviyd, two. How have you found being a dad?

"I love it. It makes me who I am, it gives my job purpose. What matters and what's made a difference in my life is my children. I'm enjoying every minute!"

Are you friends with your ex-wife?

"Absolutely. We have an incredible relationship. We keep it very positive; we encourage each other."

Many exes can't manage that.

"I think that's a matter of hurt. The more each person is hurt, the more difficult it is to find the positive. But you have to remember why you got together in the first place. You just have to try to understand and help each other. With my ex-wife, there was a lot of pressure in our relationship because of my career. Now that's alleviated, we're friends and make smart decisions for our children."

Do you feel you're a lucky man?

"I'm so happy. I can't complain. And if I did, people would have a fit! How could I complain when I get to do what I do, travel, be with my kids and have a grand life?"

You discovered and now mentor Justin Bieber. What do you advise him about dealing with fame so young?

"I tell him you've got to love all your fans without falling in love with them! I can't say I've never dated a fan, but it's not a good idea. I tell him to understand you are a fantasy to them and you should be mindful of that. And I encourage him to not take success so serious, so early. Have fun with it. And make friends!"

Usher's STAR BIO

AGE: 32

ROMANTIC HISTORY: After dating TLC's 'Chilli', he dated Naomi Campbell, before proposing to his stylist Tameka Foster in 2007. After two years and two kids, they divorced.

WHAT YOU WON'T FIND ON HIS CV: He has a road named after him, Usher Raymond Parkway, in Chattanooga, Tennessee.

WHY WE LOVE HIM ANYWAY: He loves his mum. Despite firing her as his manager, he realised Mum knows best and rehired her.

CATCH HIM NEXT: Usher's album *Raymond V Raymond* is out now. Visit www.usherworld.com for tour details.

BY SARAH MAY. PHOTOGRAPHS REX FEATURES, SPLASH NEWS


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The BIG Question

Why are men so afraid of their girlfriends' dads?

Lee Coan fronts up to men's ultimate Christmas fear



PHOTOGRAPH GETTY

Spiders are scary; giant fire-breathing spiders with guns are scarier. But perhaps nothing is more petrifying to a man than his girlfriend's father. You've seen his daughter naked, possibly brought her home at 3am, probably made her cry and, for these reasons, in your mind, her dad wants you dead. Because of this unspoken fear, and the fact that many of these so-called 'dads' have sheds packed with lethal power tools, to men like me, these cardigan-wearing brutes are more chilling than snakes, terrorists and rabid tortoises.

The bad news is, yourdadaphobia (as it's scientifically known) only gets worse around Christmas. This once-magical time now represents a hellish period when poor innocent men like me are expected to spend 'quality time' with Alans, Keiths and Nigels across the land. Indeed, I first discovered my own crippling yourdadaphobia around Christmas time, while confronting my girlfriend's slightly irrational fear of… geese.

You see, there was a goose, loose, in our house (pretend you're Scottish and pronounce it 'hoose', it works better here). To the soundtrack of her dad's sighs and tuts, we had recently moved into our first pad together – a small terrace with a small garden, near a small lake, with a large resident goose. On a freezing December day, the lake froze over and, presumably bored, Mr Goose (aka Bruce The Goose) decided to pay us a visit. There were screams. And not just from my girlfriend – high-pitched yelps of terror from both man and goose reverberated around the garden as this giant bird merrily defecated on our frosty lawn. The louder the screams, the more furious our new beaked lodger became.

'I shouted, I shooed, I angrily waved a Hoover nozzle in Bruce's general direction'

For some ungodly reason, it was deemed my job to liberate our garden from this intruder. I shouted, I shooed, I angrily waved a Hoover nozzle in Bruce's general direction, but this just made Brucey angry and flappy, until his expression said, 'I'm going to peck your face off…' So, instead, I ran into the house, locked all the doors and windows and said, "We don't use the garden much in winter anyway. Let's just let Bruce have it."

Cue tears – then, of course, a call to Dad. "No, Lee doesn't know how to get rid of it," was said. She may as well have added, "He's just not man enough, like you."

Hours later, 'Dad' and I were in the garden. "Careful – he hisses," I warned, as Dad calmly and brilliantly wrestled Bruce into submission using his dad skills, before carefully carrying him back to his chilly pond to go peck at the ice.

At this surreal moment, I realised that this super-goose-handling dad, who definitely secretly wanted me dead, was twice the man I'd ever be. And *that*, perhaps, is the real reason why we fear fathers so very much. If these dads were pathetic beings, we could handle their secret desire to make us choke on their Werther's Originals. But the awful truth is, these fathers are superior beings who can change



"You got *WHO* pregnant?"

tyres, carve hams, chop wood, make things – walls, sheds, fortunes. They can fix things – engines, watches, leaky taps. These dads can dig ponds, use hammers properly; they can silently look something up and down and figure out everything about it, with a cold, hard stare. It's this superiority at being a man that makes them terrifying.

Forcing us to hang out with these dads, exchanging presents, eating turkey (goose perhaps?) at Christmas is cruel. Imagine if we asked you to spend every Easter with a tarantula, or every New Year with a bucket of rats. You'd cry. Then phone your dad.

• Share your dad-meets-boyfriend stories at cosmo.mail@natmags.co.uk.

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Centrefold Shayne Ward

Shayne, 26, shows us his sex factor

"I've been with my girlfriend Faye for seven years and we've just moved in together. I can be romantic but it's the little things that mean the most. Faye's a model and actress, and doesn't always get a break at work so comes home really hungry. The other day I made her a packed lunch ready for when she got in. She said it was the sweetest thing I'd ever done for her!"

Shayne's single *Gotta Be Somebody* is out now. His album *Obsession* is out 15 November

See behind-the-scenes videos of our Centrefolds shoots at www.cosmopolitan.co.uk/men/tv

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SEX therapy

For change-your-life sex advice, ask Cosmo's *sex psychotherapist,* ***Rachel Morris***

He's gone soft

My boyfriend's always been 'ready to go', but recently he went soft inside me. Now it happens all the time. He's fine with oral and masturbation but not intercourse. He gets so upset and I don't know what to do to help.

The best thing you can do with this particular psychological block is try to ignore it. If you start to appear worried or upset, it'll add to his panic. It's understandable – his body has let him down through no obvious fault of his own. Something's happening he has no control over and that's scary. He's probably embarrassed and afraid you'll see him as less of a man. Tell him you read somewhere that the best way to get over it is to forget it ever happened. Avoid intercourse for a while until the frustration subsides.



"Softly, softly catchy monkey..."

Girls in porn are too hot

My boyfriend really wants us to watch porn together but I keep putting him off. The idea of him having sex with my fat body while watching some thin, hot girl doesn't exactly float my boat, but I feel guilty saying no.

Never feel guilty for saying no. It's hard to disappoint a lover but saying yes when you mean no is lying. Given a choice, wouldn't you rather be disappointed than lied to? Men don't see porn as real life – you're the real woman and he won't lose sight of that. The only person comparing you to a porn actress is *you*. Do some research – visit www.annaspansdiary.com for porn made by women for women. They might have some you'll like.

How do I get more sex?

At uni I had sex with my boyfriend every day. Now we're married, it's once a week! I want things back the way they were. How can I recharge his sex drive? I've tried sex texts, stockings and heels, role play... he just says he's too tired.

Whining about not getting enough sex is one sure way of getting even less. Also, putting pressure on him will make sex seem like a chore; isn't no sex better than duty sex? What goes on *in* the bedroom is usually a reflection of what's going on *out* of it. Does your relationship feel balanced? Men often prefer to do the chasing. Are you leaving him enough room to make any moves of his own? Try really paying attention to his tiredness – offer him a massage, with no strings. Of course, if the oil happens to feel nice and you happen to be naked as well...

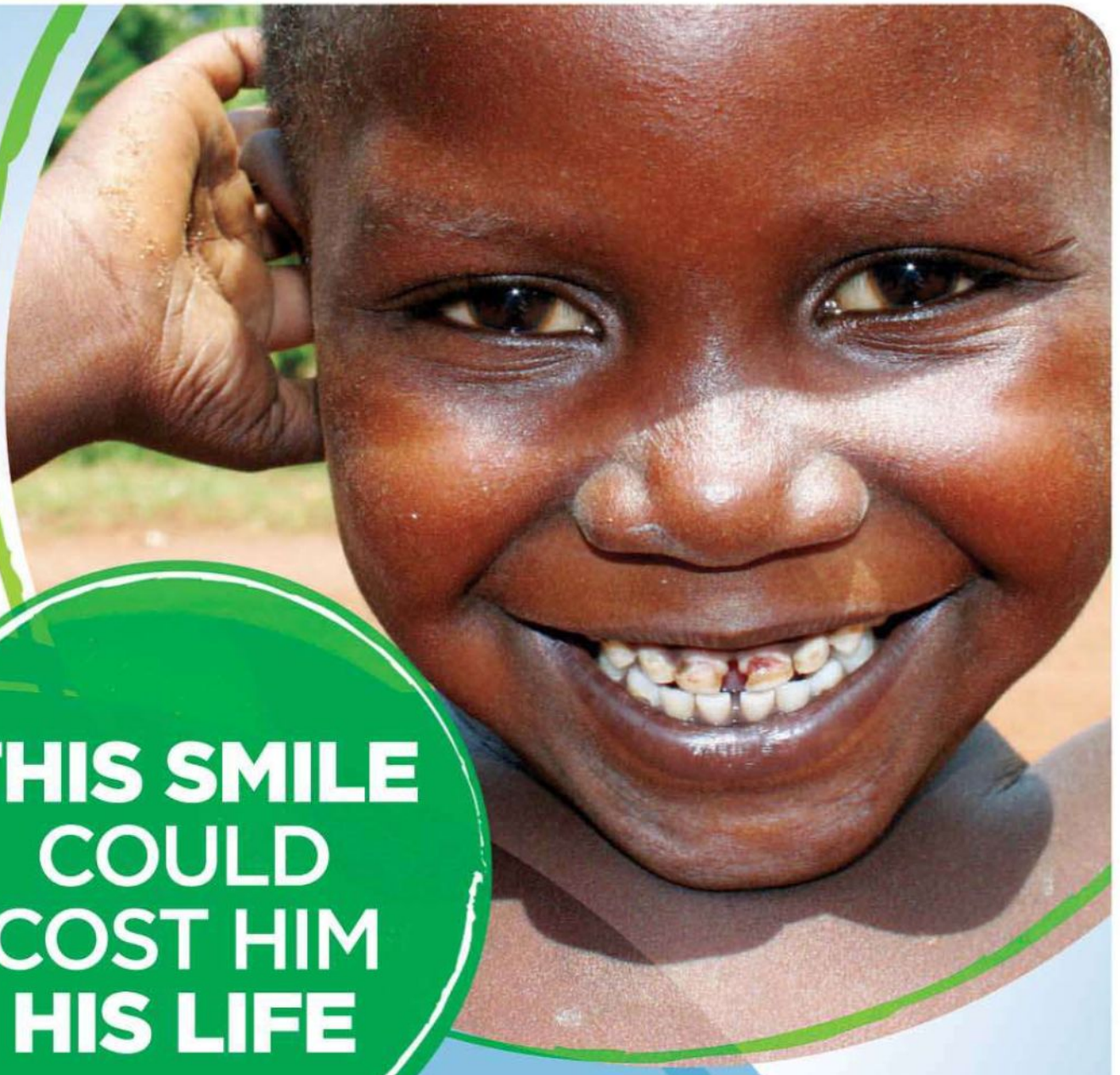
HIS Q I'm shy around my cougar girlfriend!

I've started seeing a much older woman – I'm 22 and she's 35. I can't believe my luck! The problem is I'm far less experienced than her. I'm scared I won't be able to satisfy her. What can I do to impress her?

Tell her you're intimidated. Honesty and daring are more likely to impress than technical skill. Besides, your job as her lover isn't to perform tricks, and chasing her approval will leave you feeling vulnerable and needy. The experience gap is usually only a problem for the person with less because they make too much of it. She chose *you* – focus on that and trust her judgement. Don't imagine being older means you're insecurity-free. She might have a few issues of her own. You're 50% responsible for what happens between you – take the lead and she just might follow.

Write to: RACHEL MORRIS, *Cosmopolitan*, 72 Broadwick Street, London W1F 9EP, or email her at rachel@cosmopolitan.co.uk

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ASK Irma

She's the world's best agony aunt and is here for you when your friends can't be



We can't communicate

Neither I nor my boyfriend of several months is very good at expressing emotions. We tried to get the ball rolling, but both got freaked out. Now I worry I'll never really know how he feels, as I stopped us discussing that kind of stuff. How do I tell him I want to try to talk again?

People communicate with so much more than words – a look in your eyes, a gentle squeeze of the hand… If you can't tell him how you're feeling, talk about what you're thinking: your hopes, dreams and memories. And ask about his: your interest will give him the confidence to say more. And, in due course, words for your feelings will begin to spill out too. And why not write down those feelings? Read it to yourself and, when it feels right, send them to him to read.

I fancy his brother!

I've recently started having feelings towards my boyfriend's brother. I think he is good-looking and more my type. I don't want to feel this way because he's my boyfriend's brother and it can't happen! Why am I feeling it?

The problem is not what you feel about your boyfriend's brother; it's what you feel about your boyfriend. You want someone to rescue you from a relationship that's going wrong. And because you've chosen a rescuer who would hurt your boyfriend deeply, I suspect you must be angry at him. It's time to talk to your boyfriend – not about his brother, but about the two of you. It could be time for you to go off – not with your boyfriend, nor with his brother, but by yourself for a while. We all need to discover who we are when we're alone before choosing a partner for company.

Is she after my man?

One of my boyfriend's friends had a crush on him a few years ago. She's in a relationship now but I suspect she still likes him. She makes sarcastic comments to me by text and on Facebook, and makes admiring comments about him. I don't feel she threatens my relationship, and I do trust my boyfriend, but I'm taking her hurtful remarks personally. What can I do?

She doesn't want your boyfriend. She wants your happiness in each other's company. She thinks *she* deserves *your* happiness and, more than that, believes you've stolen not her boyfriend but her pleasure from her. Logical? No. Envy is a really, really stupid emotion. So what do you do? Grit your teeth. Sharpen your wits and, whenever you can, crack a few remarks that let her – and anyone else – know you're aware she's yapping out of envy. Keep cool. Keep smiling. She'll soon back off in sulky silence.

Is he too young for me?

I'm a single mum of 27. I've fallen in love with my friend who's just 18. We seem perfect together and he gets on with my child. But I'm scared to take things further as I don't think others will accept it.

A difference of nearly a decade matters more at some ages than others. And an 18-year-old boy is still a kid, looking to find his direction. Have you considered that what you feel is an overflow of maternal love? Or that his feelings for your child are more like big brother than parent? Set yourself a date for taking things to another stage; say, when he's 21 and you've turned 30? What other people think is up to them – but you have to think about your own future, and that of your child.

AGONY LINES

To hear Irma's advice, call the numbers below. Calls last about three minutes and cost 60p per minute. Calls from mobiles and some networks may be higher. These numbers can be reached by callers in the UK and Channel Islands.

- **Can I be in love with two men? 0901 561 6455**
- **Why do we feel sexual jealousy? 0901 561 6457**
- **Am I too easily hurt? 0901 561 6454**
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NEWSFLASH!

The Christmas cards you buy say *a lot* about you! Modern, striking cards mean you're extroverted and easily upset; simple cards, introverted and organised.

DR LINDA SAYS **"Researchers think this is down to pre-set levels of arousal. Introverts have high pre-set levels, so they tend to avoid further stimulating their brains, preferring quiet evenings – and calm, simple card designs. Extroverts are the opposite. Time to take notice as the Christmas cards land on your doormat!"**



How to... decode your boyfriend

1. DON'T MIND-READ. Making assumptions about what he's thinking is an all-too-common error. When we do this, we're much more likely to project our own insecurities on a situation, rather than really getting to the bottom of what's going on.

2. TRY NOT TO COMPARE. Just because you'd act a certain way in a situation doesn't mean others would do the same. Manage your own expectations about what specific behaviours mean, and remember that we all behave differently under stress.

3. DON'T BE DEFENSIVE. The way we approach the issue of someone's mood is all in how we ask the question. Asking, "What on earth's wrong with you?" is going to elicit a very different response than, "Is everything OK? You don't seem yourself lately. I understand if you just need to be alone to think, but I'm here if you need to talk."

4. ACCEPT THAT MOODS ARE NORMAL. Remember, we're all human – we have good days and bad days, and part of being in a healthy relationship is giving each other the space to experience feelings, even unpleasant ones...


Hannah was an expert in the art of nose-reading

HELP!

I've got a girl-crush

I'm 19 years old and have always dated boys. I've only ever had one serious relationship, which lasted nine months. I recently started a new job – and I've developed a girl-crush on someone I work with. Could I be gay?

Answering the question "Am I gay?" is not easy, as sexuality is very rarely black or white. Dreaming or fantasising about someone of the same sex doesn't necessarily make you gay; studies have found most people have some degree of attraction to both sexes. Be aware that this uncertainty is a normal part of many people's sexual development, and it's important to give yourself time to figure out your sexual orientation. The girl-crush you have may just mean you admire her or want to be like her, and obsessing about her is a way of making sense of these feelings. It may, however, be a genuine attraction. Ultimately, the only person who can determine your sexuality is you. I know it can be hard, but it's great that you're taking the time to explore your feelings. Whatever your sexuality, it's knowing what you really want out of a relationship that will dictate how healthy and happy you are within it.

Write to: DR LINDA, *Cosmopolitan*, 72 Broadwick Street, London W1F 9EP, or email her at cosmo.mail@cosmopolitan.co.uk

PHOTOGRAPHS JUMP FOTO. SCOPE BEAUTY. LINDA REGRETS SHE CANNOT ANSWER YOUR LETTERS PERSONALLY



'Tis the season of sparkle.

This holiday, enjoy the the season of sparkle and shine all year long with Chamilia. Choose from hundreds of intricately designed, feminine beads, in combinations of dazzling 14ct gold, sterling silver, crystal Swarovski Elements, Italian Murano glass and our exclusive Disney® Collection. Create a beautiful ensemble – bracelet, necklace, earrings – that becomes as unique and original as you are. Find a retailer at chamilia.com/uk.

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CHAMILIA®

YOUR LIFE. YOUR STYLE.

FUN * FEARLESS

Fashion

December

STAY OUT ALL NIGHT

The simple LBD takes centre stage as the coolest party frock

VA-VA-VOOM SEXY

Voluptuous fashion for the fabulous fuller figure

PERFECT PARTY PIECES

Get ready to rock in our selection of the best dresses and accessories

SILVER LINING

Beautiful jewellery, with just the right amount of bling

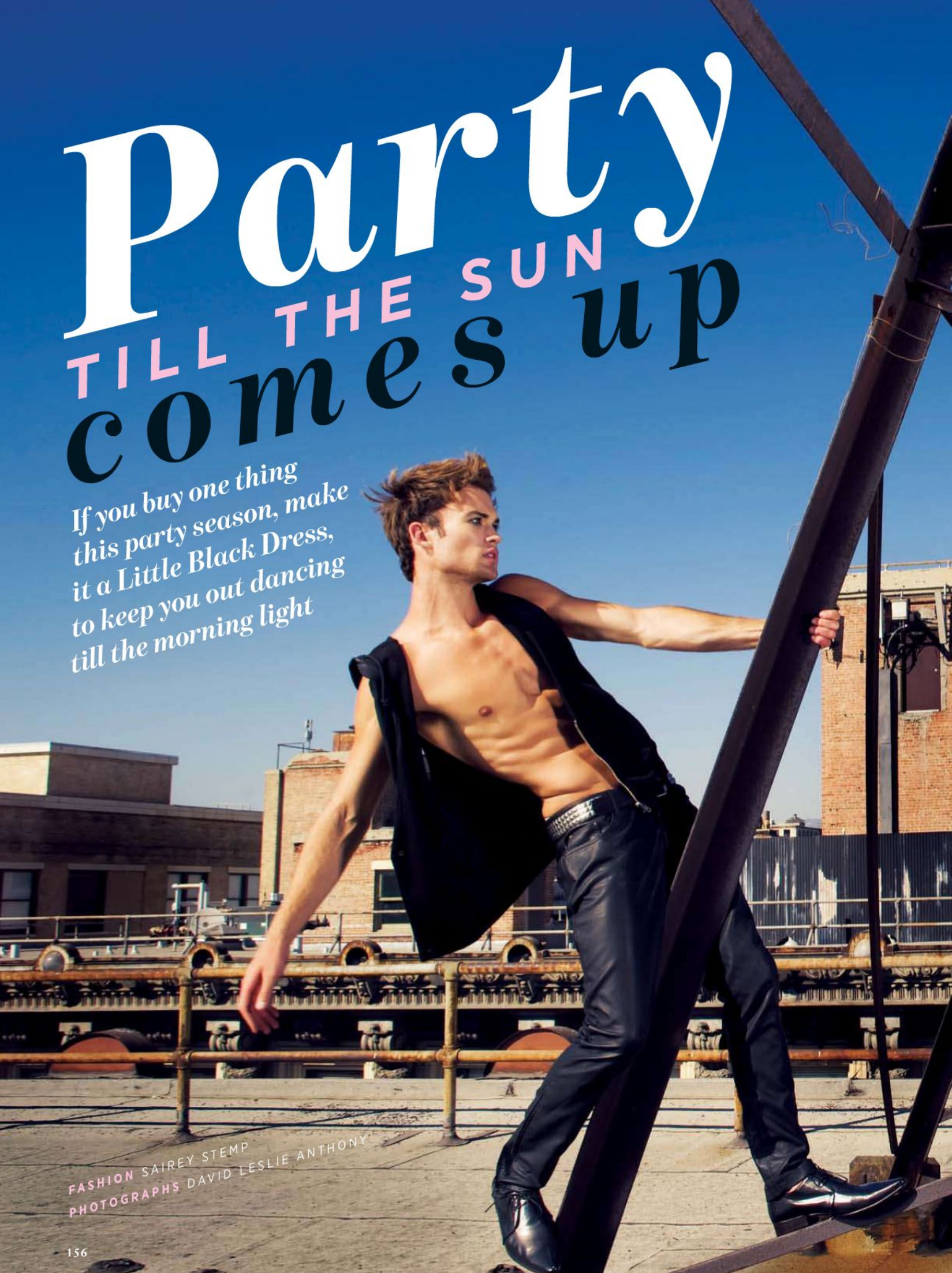


From top left (clockwise): All ribbon headbands, £2.95 per metre, VV Rouleaux ✉. Necklace, £136.50, Hoss ✉. Vest, £25; T-shirt, £29.99, both Amplified ✉. Sequin bow tie, £8, Asos ✉. Black bow tie, £14, Topman ✉

BY SAIREY STEMP. PHOTOGRAPH DAVID LESLIE ANTHONY. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*

Party TILL THE SUN comes up

If you buy one thing this party season, make it a Little Black Dress, to keep you out dancing till the morning light



FASHION SAIREY STEMP
PHOTOGRAPHS DAVID LESLIE ANTHONY



FULL-LENGTH AND FABULOUS, KNOCK HIM OUT IN THIS STUNNING CLINGY BLACK NUMBER

Joyce wears

Dress, £245, LK Bennett ✉. Shoes, £44.99, Schuh ✉. Tights, £7, Marks & Spencer ✉. Earrings, £48; necklace, £300, both Butler & Wilson ✉.

Patrick wears

Top, £50; trousers, £60, both Topman ✉. Shoes, £85, Dune ✉. Belt, £9.99, Blue Inc ✉ ›



THE CLASSIC LITTLE BLACK DRESS TO ROCK OUT IN

Therese wears
Dress, £175, Jaeger Boutique ✉. Shoes, £69.99, Schuh ✉. Tights, £12, Jonathan Aston ✉. Gloves, £35, Cornelia James ✉. Earrings, £145, Simon Harrison at Jewellery4.com ✉.

Patrick wears
Jacket, £325; top, £65, both JC/DC ✉. Jeans, £120, Bolongaro Trevor ✉. Shoes, £75, Dune ✉

HANGING OUT WITH THE BAND REQUIRES A LITTLE EXTRA ADORNMENT

From left: Therese wears
Shrug, £59, Marks & Spencer ✉. Dress, £165, Bolongaro Trevor ✉. Shoes, £95, Office ✉. Tights, £12, Jonathan Aston ✉. Gloves, as before. Earrings, as before. Bangle, £45, Ted Baker at Jewellery4.com ✉.

Joyce wears
Dress, £355, Pinko at Harrods. Shoes, £44.99, Schuh ✉. Tights, £7, Marks & Spencer ✉. Earrings, £70, Guess ✉. Necklace, £18, Galibardy ✉.

From left: Patrick wears
Jacket, £290; jeans, £120, both Bolongaro Trevor ✉. Vest, £25, Amplified ✉. Shoes, £75, Dune ✉. Sunglasses, £18, Jeepers Peepers ✉.

Adam wears
Jacket, £84.99, River Island ✉. T-shirt, £25, Amplified ✉. Jeans, £80, Levi's ✉. Boots, £65, Topman ✉. Sunglasses, £16, Jeepers Peepers ✉ ›


HEY



MIX IT UP WITH FRILLS AND LACE – IT'S TIME TO GO CRAZY

From left: Kyla wears

Bolero, £450, Danny Tang ✉. Dress, £45, Dorothy Perkins ✉. Leggings, £42, Guess ✉. Shoes, £150, Ted Baker ✉. Corsage, £5, Beyond Retro ✉. Gloves, £29.99, Glovingyou.com ✉.

Therese wears

Bolero, £375, Danny Tang ✉. Dress, £199, Karen Millen ✉. Tights, £8, Jonathan Aston ✉. Headband, £20, Miss Sixty ✉. Gloves, £32, Cornelia James ✉. Earrings, £58, Butler & Wilson ✉.

Joyce wears

Dress, £230, Bolongaro Trevor ✉. Shoes, £44.99, Schuh ✉. Tights, £12, Jonathan Aston ✉. Headband, £24.99, River Island ✉. Gloves, £32, Cornelia James ✉.

From left: Adam wears

T-shirt, £30, Worn By ✉. Jeans, £80, Levi's ✉. Boots, as before. Hat, £45, Beyond Retro ✉. Sunglasses, as before

Patrick wears

T-shirt, £28, Urban Outfitters ✉. Jeans, as before. Shoes, as before. Hat, £45, Bailey of Hollywood ✉ ›







◀ ADD A TOP HAT AND FEATHER STOLE FOR AN EXTRAVAGANT TOUCH OF BURLESQUE

Kyla wears
Bolero, £80, Oasis ✉. Dress, £347, Disaya ✉. Shoes, £69.99, Schuh ✉. Tights, £12, Jonathan Aston ✉. Hat, £45, Beyond Retro ✉. Earrings, £9.99, Konplott ✉.

From left: Adam wears
Shirt, £26.99, River Island ✉. Jeans, as before. Boots, £65; scarf, £20, both Topman ✉. Hat, £38, Bailey of Hollywood ✉.

Patrick wears
Shirt, £26.99; trousers, £29.99, both River Island ✉. Hat, £38, Bailey of Hollywood ✉.

▶ HIGH KICKS DEMAND A STANDOUT PARTY FROCK FULL OF FLIRTATIOUS LAYERS

Joyce wears
Dress, £158, Pink Label ✉. Shoes, £95, Office ✉. Tights, £12, Jonathan Aston ✉. Ribbon headband, £2.95 per metre, VV Rouleaux ✉. Gloves, £32.50, Cornelia James ✉. Earrings, £70, Guess ✉. Necklace, £136.50, Hoss ✉ ›



◀ YOU WILL GO TO THE BALL – JUST DON'T FORGET TO GRAB YOURSELF A HANDSOME MAN

Kyla wears
Dress, £199, Karen Millen ✉. Shoes, £69.99, Schuh ✉. Tights, £15.99, Cette at Tights Please ✉. Necklace (just seen), £49; earrings, £9.99, both Konplott ✉.

Patrick wears
Shirt, £29.99, River Island ✉. Jeans, £35, Topman ✉. Shoes, £85, Dune ✉

▶ BE BOLD AND BRASH IN GRAPHIC SHAPES THAT DESERVE SOME DARING MOVES

From left: Therese wears
Dress, £100, Aqua. Boots, £75, Asos ✉. Tights, £12, Jonathan Aston ✉. Gloves, £35, Cornelia James ✉. Earrings, £58; bracelet, £98, both Butler & Wilson ✉.

Joyce wears
Dress, £170, Aqua. Tights, £12, Jonathan Aston ✉. Headband £25, Marks & Spencer ✉. Gloves, £32.50, Cornelia James ✉. Earrings, £48; bangle, £98, both Butler & Wilson ✉ ›







THREE LITTLE STRAPLESS DRESSES THAT LOOK EFFORTLESSLY SEXY. DRESS THEM UP OR DOWN AS YOU PLEASE

From left:

Therese wears

Dress, £65, Cheap Monday at Urban Outfitters ✉. Tights, £12, Jonathan Aston ✉. Fascinator, £19.50, Marks & Spencer ✉. Gloves, £35, Cornelia James ✉. Earrings, £18.50, Freedom at Topshop ✉.

Joyce wears

Dress, £559, Paul & Joe ✉. Tights, £7, Marks & Spencer ✉. Headband, £20, Miss Sixty ✉. Gloves, £30, Cornelia James ✉. Earrings, £18.50, Freedom at Topshop ✉.

Kyla wears

Dress, £45, Silence & Noise at Urban Outfitters ✉. Tights, £5.50, Jonathan Aston ✉. Gloves, £29.99, Glovingyou.com ✉. Bow, £8, Beyond Retro ✉ ›


HARLEY-DAVIDSON



◀ BUST SOME MOVES IN THESE SUPER-FIT FROCKS

From left:
Kyla wears
Cape, £95, Asos ✉. Dress, £150, Per Una ✉. Tights, £15.99, Cette at Tights Please ✉. Earrings, £68, Konplott ✉.
Therese wears
Dress, £17, Super Looks. Shoes, £95, Office ✉. Tights, £12, Jonathan Aston ✉ Eye mask, £12, Angels ✉. Gloves, £35, Cornelia James ✉.
Adam wears
Jacket, £90; boots, £65, both Topman ✉. T-Shirt, £25, Harley Davidson ✉. Jeans, £80, Levi's ✉. Hat, £32.90, Paccacuti. Sunglasses, £18, Jeepers Peepers ✉

▶ THE FUTURE IS BRIGHT... GET A TOUCH OF FUTURISTIC GLAMOUR

From left:
Therese wears
Dress, £45, Goddiva ✉. Shoes, £80, Office ✉. Tights, £12, Jonathan Aston ✉. Mask, £4, Accessorize ✉. Gloves, £35, Cornelia James ✉. Bracelet, £495, Simon Harrison at Jewellery4.com ✉.
Joyce wears
Dress, £45, Goddiva ✉. Boots, £180, Carvela ✉. Tights, £12, Jonathan Aston ✉. Mask, £5, Accessorize ✉. Gloves, £48, Gloving you.com ✉. Earrings, £100, Swarovski ✉. Necklace, £895, Simon Harrison at Jewellery4.com

Hair Jason Stanton at Celestine Agency, assisted by Geneva
Makeup Anthony Gordon at Next Management, using Obsessive Compulsive Cosmetics
Photo Assistants Vu Ong & Neal Agustin
Fashion Assistant Natasha Guiotto
Models Kyla, Joyce Swenson and Adam Driggs at Next Management; Therese at Ford Models; Patrick Henderson at LA Models

For stockists, see Where To Shop page



Delicious curves

STRAPLESS CLOTHES A NO-NO? CAN'T 'DO' TIGHT? YES YOU CAN. *COSMO* SHOWS YOU HOW TO SHOW OFF YOUR SEXY SHAPE BY MYTH-BUSTING ON OUR SEXY SIZE-14 MODEL

[Fashion Shelly Vella ❀ Photographs Fiorenzo Borghi]



BOOBS TOO BIG FOR A BANDEAU CUT? INVEST IN A GREAT STRAPLESS BRA AND GET THOSE SHOULDERS OUT. THIS KAREN MILLEN DRESS IS SHINY, TIGHT AND STRAPLESS – AND LOOKS HOT ON OUR MODEL VALERIYA

Dress, £225, Karen Millen ✉. Clutch, £45, Coast ✉. Sparkly ring, £35, The Ring Boutique ✉. Clear ring, £431, Tous ✉ ›



THINK BOLD PRINTS AREN'T FOR YOU? THINK AGAIN – EXPERIMENT WITH NECKLINES AND CINCH IN YOUR WAIST FOR A CONFIDENT STATEMENT

Dress, £356, Vivienne Westwood Anglomania. Ring, £34, Butler & Wilson ✉



LOUD-AND-PROUD PRINTS AND A PLUNGING NECKLINE LOOK SUPER-SEXY – JUST ADD HEELS

Dress, £130, Linea at House Of Fraser ✉. Shoes, £450, Gina ✉ ›



FLIRTY LEOPARD PRINT: ✔
SEXY HALTER CUT: ✔
– YOUR INNER SEX-
KITTEN LUST-HAVE

Dress, £615, D&G. Shoes, £290, Kurt Geiger ✉. Tights, £5, Pamela Mann at My Tights ✉. Bangle, £155, Nicholas King



DOES BODY-SKIMMING SATIN JERSEY SCARE YOU? A LONGLINE DRESS WITH CUTE CAPELET SLEEVES BALANCES OUT YOUR FIGURE AND INJECTS THE VA-VA-VOOM INTO HOURGLASS

Dress, £70, Miss Selfridge ✉. Gloves, £12, Black Pearl Boutique ✉. Belt, £15, Accessorize ✉. Necklace, £180, Miquella at House Of Fraser ✉. Bracelet, £25, Pied A Terre at House Of Fraser ✉ ›



PALE COLOURS LOOK GREAT ON A CURVIER FORM – CHOOSE A NIPPED-IN WAIST AND A FULLER SKIRT. THIS SEASON'S RETRO DRESSES ARE THE PERFECT CUT

Dress, £95, Poppy Valentine ✉. Shoes, £850, Gina ✉. Belt, £38, Lowie ✉. Gloves, £19.50, Marks & Spencer ✉. Clutch (on table), £685, D&G. Short necklace, £10, New Look ✉. Long necklace, £12, Accessorize ✉ ›





IT'S ALL ABOUT THE WAIST – FIT-AND-FLARE DRESSES WORK WONDERS TO CREATE THE SLEEKEST AND SHAPELIEST OF FIGURES. TRULY A GIRL'S BEST FRIEND

Cardigan, £35, Warehouse ✉. Dress, £125, Laura Ashley ✉. Shoes, as before. Necklace, £242; ring, £161, both Peter Lang at Barberini Fashion ✉



THE ULTRA-FLATTERING WORK-TO-PARTY PRINTED DRESS

Dress, £325, Anna Scholz White Label ✉. Tights, as before. Necklace, £55, Avaa ✉. Ring, £963, Tous ✉ ›



DARE TO BARE IN A FITTED BUSTIER AND PAY HOMAGE TO SOPHIA LOREN BY CELEBRATING YOUR BEST ASSETS

Bustier, £25, Rokit. Skirt, £235, Vivienne Westwood Anglomania at Sefton ✉. Shoes, £121, Bourne ✉. Tights, as before. Necklace, £1,295, Stephen Webster ✉. Ring, £15, Bags Of Sparkle ✉



USE A BROOCH TO GATHER FABRIC AT THE NECKLINE AND DRAW ATTENTION TO A SHAPELY BUST

Dress, £55, Evans ✉. Shoes, £450, Gina ✉. Brooch, £20, Mikey ✉ ›



CHECK OUT WWW.PERFECT LITTLEBLACKDRESS.COM AND TREAT YOURSELF TO A MADE-TO-MEASURE BLACK DRESS THAT WILL NOT ONLY FLATTER AND FLAUNT, BUT LINGER IN YOUR WARDROBE LONG AFTER THE PARTY'S OVER

Dress, £229, Perfect Little Black Dress ✉. Shoes, £375, Rupert Sanderson ✉. Tights, £5.50, Jonathan Aston at My Tights ✉. Gloves, £22, Black Pearl Boutique ✉. Clutch, £350, Mulberry ✉



HAVE FUN WITH LINGERIE – NEW LOOK'S GORGEOUS NAUGHTIES GO UP TO A DD CUP, SIZES 8-18

Bra, £10, New Look ✉. Necklaces, £20 each, both Accessorize ✉

Hair: Miok at Judy Casey
Makeup: Kiyoshi at Utopia NYC using Mac Pro
Model: Valeriya Ostapenko at Ford Models NYC
Prop design: Teri Cotruzzola
Fashion Assistant: Clare Smith
With thanks to Morgans Hotel, NY. For reservations visit www.morganshotel.com

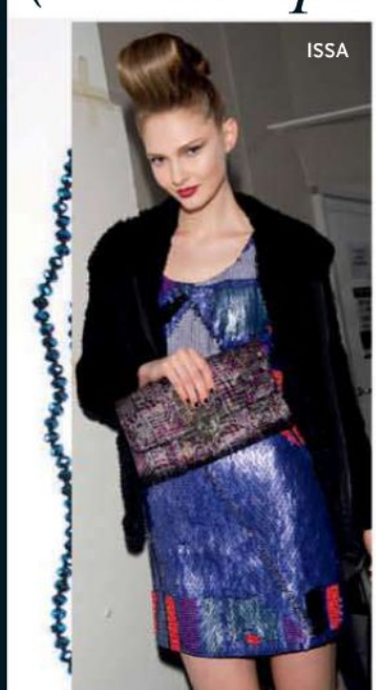
For stockists, see Where To Shop page

HIGH-STREET FASHION

100 PERFECT PARTY PIECES

Get ready to party in the sexiest dresses, heels and glitter-tastic accessories

10 jewel brights *(to dress up in)*


ISSA

Dress, £175, Pink Label



Dress, £165, Pink Label



Dress, £39.99, River Island



Dress, £70, Oasis



Shoes, £95, Office



Dress, £80, Liquorish



Necklace, £39, Ted Baker at Simon Harrison

Shoes, £121, Beyond Skin



Dress, £86, People's Market



Bag, £145, Kipling



13 glittering pieces *(to shine in)*

Clutch, £18, Accessorize

Shoes, £45, Dolcis

Dress, £120, Religion

Dress, £59, Mina

Dress, £59.99, River Island



Dress, £150, French Connection

Dress, £84.90, Mango

Dress, £85, Miss Selfridge

Dress, £65, Liquorish

Mask, £3.50, Accessorize

Dress, £85, Miss Selfridge

Shoes, £45, Barratts

Clutch, £30, Accessorize ›

32 sexy bits *(to seduce in)*



Bra, £70; knickers, £50, Yes Master ✉





Bra, £90; knickers, £90, Agent Provocateur ✉





Bra, £74; knickers, £89, Fleur Of England





Bra, £79; knickers, £54 Ayten Gasson ✉





DOLCE & GABBANA



Bra, £139; knickers, £93, Fifi Chachnil ✉





Bra, £89; knickers, £59; garter, £49, Myla ✉



Cami, £79.99; G-string, £39.99, Just Cavalli at Harrods ✉





Eye mask, £75, Agent Provocateur







Eye mask, £75, Agent Provocateur

HIGH-STREET LINGERIE



Bra, £42; knickers, £25, Wacoal





Bra, £98; knickers, £73, Mint Siren





Bra, £84; knickers, £82, Lascivious





Bra, £49; knickers, £32, Mimi Holliday





Bra, £99; knickers, £38, Myla



Slip, £125, Elle Macpherson Intimates





Teddy, £35.60, Hanky Panky at Selfridges



Teddy, £91, Ell & Cee





Bra, £42; knickers, £21, Sexy Panties And Naughty Knickers

25 bling-tastic adornments *(to sparkle in)*

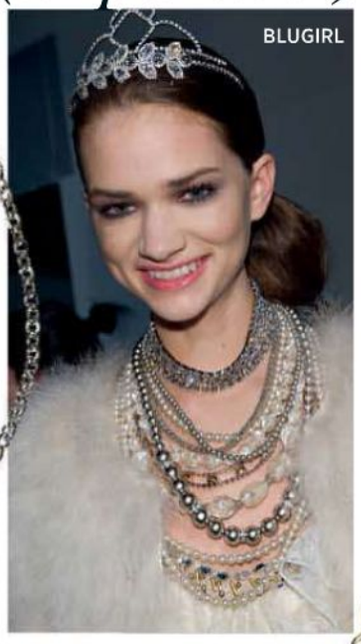
Ring, £96, Tous

Ring, £49.99, H Samuel





Ring, £224, Thomas Sabo





Ring, £100, Folli Follie



Ring, £65, Guess Jewellery

Earrings, £55, Karen Millen at Jewellery4.com





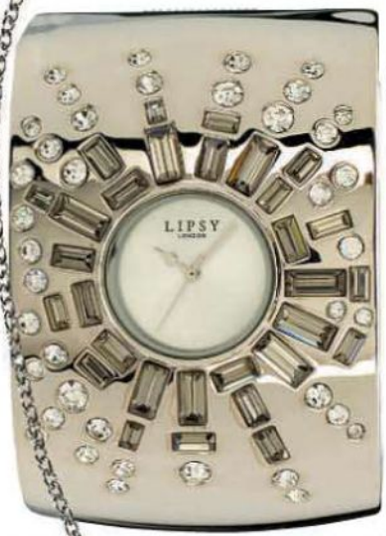
Bracelet, £12, Allusions

Bracelet, £12, Accessorize

Watch, £87, Swatch



Watch, £45, Lipsy at H Samuel



Necklace, £95, Hot Diamonds



Watch, £150, Armani Exchange





Watch, £250, D&G

HIGH-STREET HITLIST



Earrings, £138, Pandora



Watch, £160, Guess



Ring, £110, Swarovski



Ring, £10, Freedom at Topshop



Earrings, £60, Lola Rose

Watch, £50, Oasis



Watch, £150, Karen Millen





Watch, £229, Citizen

Necklace, £190, Bulatti



Watch, £200, Marc by Marc Jacobs



Watch, £179.99, Storm

Necklace, £215, Links Of London ›

HIGH-STREET HITLIST

10 little black dresses *(to wow in)*

£90, Debut at Debenhams

£200, Monsoon

£60, Topshop

£80, Charming

£179, Ted Baker

£59.90, Benetton

£50, Miss Selfridge

£82, Sugarhill Boutique

£45, Miss Selfridge

£55, Love Label at Littlewoods ›



ELIE SAAB

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new look
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10 luscious lace pieces *(to show off in)*


DOLCE & GABBANA


Dress, £49.90, Mango


Shoes, £64.99, Schuh


Dress, £30, Dorothy Perkins


Dress, £45, Topshop


Shoes, £75, Office


Dress, £65, Mina


Dress, £180, Karen Millen


Dress, £80, Dorothy Perkins


Bangle, £12, Freedom at Topshop


Shoes, £45, Barratts ◆

Fashion: Sairey Stemp.
Photographs: Jason Lloyd-Evans, Objective Image.
Fashion Assistant: Natasha Guiotto

For stockists, see Where To Shop page

SEXY IN SPADES

US designer Kate Spade finally hits the UK this month with a pop-up store in London's Covent Garden (a permanent one is set to follow). Expect delicious goodies in her trademark cool NY style, from bags and shoes, to colourful letter paper and mugs, to gorgeous jewellery. Go to www.katespade.com for a taster.

Necklace (above), £475; tote, £375

Faux-fur jacket, £465

GLAM HAPPENINGS

... at Warehouse this party season. From sexy long dresses and asymmetric cuts to ruby-red satin – we want the lot!



Red dress, £85; black dress, £65



What's hot



Fashion Director **Shelly Vella** *tempts and teases us with perfect pressies and 'mmm' must-haves from the high street*



A very stylish read

If, like us, you're of fan of Orla Kiely, you'll love this book. Full of great colour and design ideas, it's a perfect gift for fashion folk. *Pattern*, £25, Conran Octopus.

Cardigan, £170; dress, £295, both Orla Kiely

THE NEW BOURNE SUPREMACY

The hot new footwear obsession for team *Cosmo* is UK label Bourne. Specialising in... well, the special, these shoes are quirky, embellished and sexy too.



Shoes, £176

Go to... www.bournecollection.com

WRIST ACTION

Want a watch that doubles as a bracelet? Look no further than this beauty from Fossil.



Watch, £105

FOR STOCKISTS, SEE WHERE TO SHOP PAGE

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3-8 DECEMBER 2010
NEC BIRMINGHAM

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I want...

...someone to come bearing gifts!



'I LOVE THIS NEW COLLECTION FEATURING SLEEK SILVER AND PRECIOUS PAVÉ DIAMONDS. TIME TO START DROPPING SOME BIG HINTS, LADIES!'

FASHION DIRECTOR
SHELLY VELLA

PHOTOGRAPH DEREK LOMAS. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*

Cuff, £350; swirl drop pendant, £250; skinny pendant, £225; rings, from £75, all Amanda Wakeley for Ernest Jones ✉



Personal stylists

DRESS TO

This month Natasha and Clare show you that no matter what your size, you can work the four sexiest party-dress styles this Xmas season!

Prom style

NATASHA WEARS
Dress, £26.99; shoes, £24.99; belt, £6.99, all New Look ✉. Necklace, £30; ring, £15, both Freedom at Topshop ✉.
CLARE WEARS
Dress, £65, Very ✉. Shoes, £68, Topshop ✉. Alice band, £8, Freedom at Topshop ✉

WE SAY...
"Prom is the most flattering party dress of all – adding curves to boyish figures and skimming over unwanted lumps and bumps."

One shoulder

WE SAY...
"It's a myth that women with big boobs can't work the one shoulder. Natasha wears a structured number to flatter her curves and Clare goes for a fringed dress to add some curves."

IMPRESS

Strapless



NATASHA WEARS
Dress, £49.99, River Island ✉. Shoes, £85, Office ✉. Silver ring, £45, Dower & Hall ✉. Necklace, £30; cuff, £25; rings, £15 each, all Freedom at Topshop ✉.
CLARE WEARS
Dress, £37, Miss Selfridge ✉. Shoes, £120, Asos Black ✉. Earrings, £8.50; bangle, £20, both Freedom at Topshop ✉. Ring, Clare's own



NATASHA WEARS
Dress, £45, Very ✉. Shoes, £160, Carvela at Very ✉. Bangle, £15, Dorothy Perkins ✉. Necklace, Natasha's own. Ring, £15, Freedom at Topshop ✉.
CLARE WEARS
Dress, £55; shoes, £70, both Topshop ✉. Necklace, £16; bangle, £14, Accessorize ✉

WE SAY...
"This is a tricky shape to pull off if you have a larger chest. Go for a sweetheart neckline and a strapless bra that fits well to keep your boobs under control. If you're petite, go for a ruched body-con dress to add curves and flaunt that figure!"

PHOTOGRAPHS STUDIO 33. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*

Sequins



NATASHA WEARS
Dress, £150, French Connection ✉. Shoes, £125, Asos Black ✉. Bangles, £18 each; ring, £15, Freedom at Topshop ✉.
CLARE WEARS
Dress, £225, French Connection ✉. Shoes, £70, Topshop ✉

WE SAY...
"Sequin dresses are perfect for the party season – every girl loves a bit of sparkle. Natasha goes for a V-neck to show off some cleavage and Clare opts for a super-mini to flash her pins!"

PARTY EXTRAS



The best multi-way bra: £18, La Senza ✉



The best control pants: £20, Figleaves ✉

The best strapless bra: £35, Wonderbra at House Of Fraser ✉ ◆



Clare and Natasha tell you how to wear the trends at **www.cosmopolitan.co.uk.** Follow them on **Twitter** at **twitter.com/NatashaGuiotto** and **twitter.com/ClareSmith84**



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VOTE IN THE COSMOPOLITAN

HOT FASHION AWARDS

AND 10 READERS WILL WIN £50 TO SPEND ON CLOTHES!

Fashion can make you feel fabulous and boost your confidence, so we want to know which shops set your pulse racing

COSMOPOLITAN'S Fashion AWARDS 2010

1 HOTTEST PARTYWEAR
Which store makes you feel totally gorgeous when you glam up for a night on the tiles?

2 BEST WORKWEAR
Sexy, sensible or stylish tailoring – where do you shop for your working wardrobe?

3 SEXIEST LINGERIE
Beautiful bras, naughty knickers... Where's best for seduce-him smalls?

4 MOST ETHICAL RETAILER
Fair trade or cruelty-free, which brand makes you look and feel good?

5 SEXIEST SHOES
From high-rise heels to cute flats, which store ticks your lust-for-shoes box?

6 BEST BAGS
Save or splurge, where do you go for must-have bags?

7 BEST JEWELLERY
From pretty costume jewels to full-on bling, which store fills your treasure chest?

8 LOVES YOUR CURVES
Where do you shop for figure-friendly and fashion-forward ranges for your curves?

9 TO-DIE-FOR DENIM
Skinny, straight-leg or teeny hot pants – which brand delivers your dream denim?

10 SEXIEST MUST-FLAUNT SPORTSWEAR
Trainers, trackies or locker-room faves... What shop or brand keeps you fit and chic?

11 BEST BARGAINS
Where do you go for fashionista-friendly bargain buys?

12 LUST-HAVE DESIGNER
If you've got cash to splash, where do you get your designer fix?

13 BEST FOR ONE-STOP SHOPPING
Who dresses you best, top to toe?

14 BEST WATCHES
Who makes sure you have the best-dressed wrist?

15 ONLINE RETAILER OF THE YEAR
Which website has you 'click fixing' every single pay day?

Simply fill out the questionnaire...

Be as specific as possible, giving the full name of your winners, and send it to us at the address below by 31 December 2010 – or you can vote at www.cosmopolitan.co.uk/hotfashionawards. We'll also ask the opinions of an expert judging panel. The winners will be featured in our April 2011 issue.

As a thank you for taking part, everyone who votes will be entered into a prize draw – and 10 people picked at random will receive £50 to spend on killer clothes. Happy voting!

Terms and Conditions: 1. Closing date for receipt of entries into the prize draw is 31 December 2010. 2. The first 10 entries drawn at random by an independent party will win £50 to spend at an online store. 3. No cash or prize alternative is available. 4. *By supplying your mobile number/email address, you are happy to receive products and services via SMS/email from, or in association with, The National Magazine Company Ltd. The National Magazine Company Ltd directly, or via its agents, may mail, email, SMS or phone you with products and services reflecting your preferences. Tick if you do not want offers from us☐ or third parties☐. For our data policy, see www.natmags.co.uk/dp. For full terms and conditions, see page 24.

YOUR DETAILS

Name (Ms/Miss/Mrs/Mr) Initial Surname

Address*

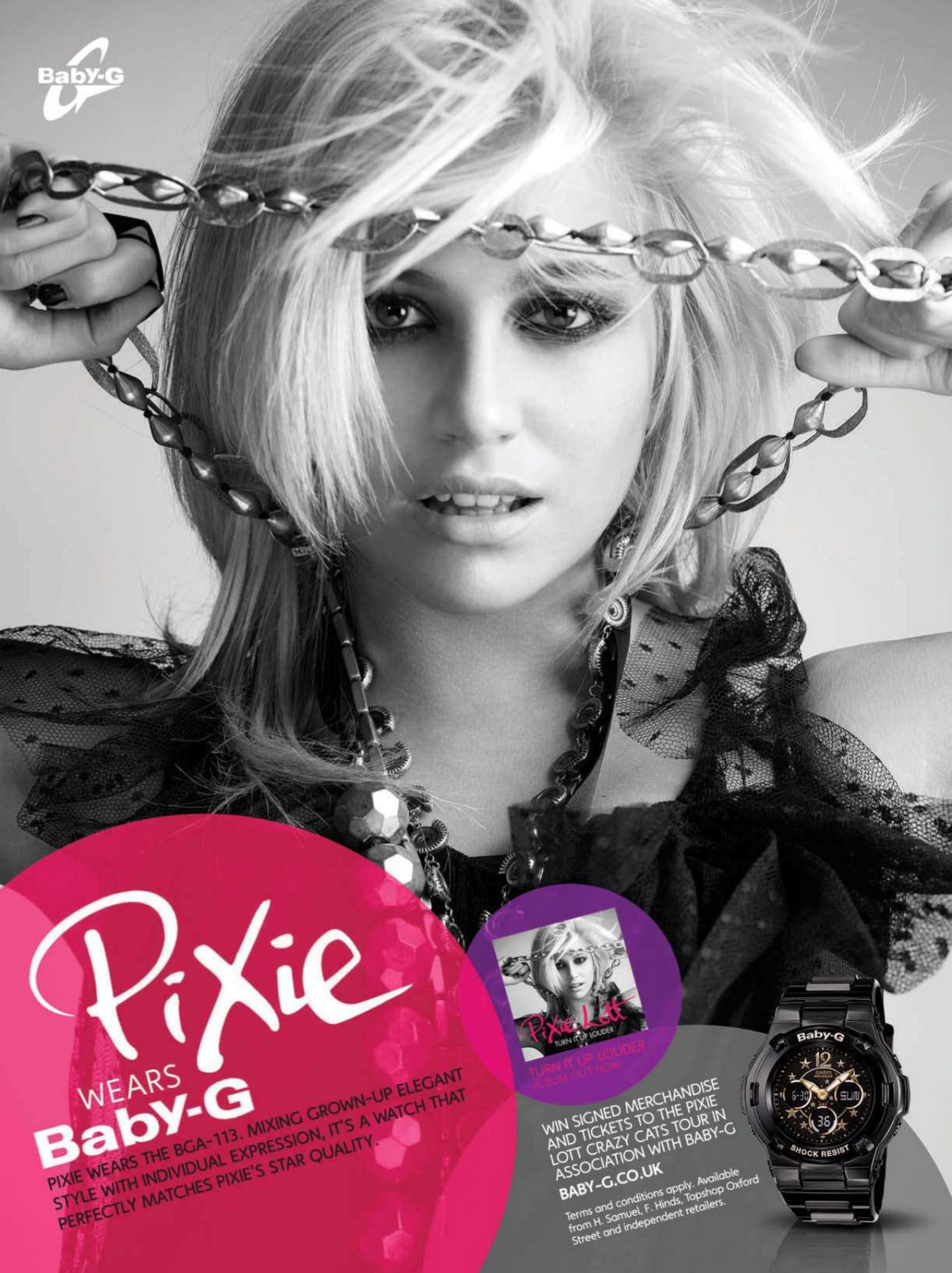
Postcode

Date of birth

Home phone number* Mobile number *

Email address *

NOW YOU'VE NOMINATED YOUR WINNERS, TEAR OUT THIS PAGE AND SEND IT TO: *COSMO* FASHION AWARDS, BCDP, UNIT 18, ROCKWARE BUSINESS CENTRE, 5 ROCKWARE AVE, GREENFORD UB6 0AA BY 31 DECEMBER 2010.


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BABY-G.CO.UK
Terms and conditions apply. Available from H. Samuel, F. Hinds, Topshop Oxford Street and independent retailers.
Baby-G
SHOCK RESIST

Flats to foxy

From no heels to mega stacks – however much you want to grow, we've got it covered



BY CLARE SMITH. PHOTOGRAPH DEREK LOMAS. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*



YOUR RULES **YOUR** PARTY

(From left)
Laura wears: Jessica's Attic jacket, £69.99; Crafted jumpsuit, £29.99; Miso shoes, £29.99; Crafted clutch, £39.99; Miso ring, £6.99.
Andrea wears: Miso jacket, £64.99; Miso dress, £29.99; Crafted boots, £39.99.
Eleanor wears: Miso dress, £39.99; Crafted boots, £39.99.

Feeling fun and flirty? Or want a rock-chick edge? Whatever your style, find your fashion at Republic...

The party season is here, girls, and it's time to get glamorous! But what's your choice? A short and sexy dress? A funky all-in-one jumpsuit? A pair of killer heels? Whatever your fashion personality, Republic is full of gorgeous brands, all with their own unique take on this season's hottest trends. So whether you want to mix up slinky metallic dresses and faux-fur jackets, or add girly sparkle with embellished shoulders and chiffon, there's something for every girl's fashion needs to create an individual look. At Republic it's all about creating your own rules. So find your style and get the party started!

ACCESSORIES WITH ATTITUDE

1



Miso shoes, £29.99

Miso shoes, £34.99



2



Miso shoes, £34.99

3



Crafted clutch, £34.99

4



Jessica's Attic bag, £29.99

5

DANCE-FLOOR DRESSES



Miso dress, £29.99



Miso dress, £44.99



Miso dress, £69.99



Crafted dress, £39.99

To find your nearest store, or to buy online, visit *Republic.co.uk* today!

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COSMOPOLITAN

Beauty Bible

Our festive guide to all things bright and beautiful

1

GLITTER AND GLOSS

Makeup to get the party started

2

BUST THAT RUT

Beauty tips for a whole new you

3

TREASURE TROVE

Discover this new beauty emporium



PHOTOGRAPH LAURENT DARMON



Party tricks

Try these five tempting tricks to get all eyes on you this party season

{ WORDS AND STYLING INGEBORG VAN LOTRINGEN * PHOTOGRAPHS LAURENT DARMON }



EYE LIGHTS

"Silver (for pale skin tones) or pale gold (for warm skin tones) used close to your lash lines will give your eyes real sparkle," says Afton, the makeup artist who created these looks. "Trace your lashes with liquid liner in either shade. Then, create a super-wide-eyed effect by highlighting your inner eye corners. Blend a cream highlighter from the inner corners to the middle of the upper and lower lash lines, then top it with a shimmery powder pigment for extra intensity. Add lashings of black mascara or a pair of falsies for eye-popping contrast." »

JACKET, F&F AT TESCO; EARRINGS, KATIE ROWLAND



SASSY SOCKETS

Pop a bold colour in an unexpected place to stand out from the party crowd. "With a synthetic eyeshadow brush, paint the inner corner of the brow bone with cream shadow (or use a chunky pencil or cream stick), then follow the shape of the bone inside the eye crease to the outer edge of the eye," instructs Afton. "Intensify and set the colour by topping it with powder shadow in the same shade. Pick any strong colour to suit your outfit and your mood, and then paint your fingernails with a contrasting polish for a pop-art look."

BLOUSE, PAUL AND JOE



FEVER FLUSH

What could be more irresistible than flushed cheeks? "The sexiest spot for blusher is on the fullest part of your cheeks," says Afton. "Swirl the colour on with a blusher brush, or dab a cream formula right on the middle of the apples and blend out and upwards. The higher you place your blush, the greater the lifting effect on your face." Afton says peachy-pink suits every skin tone, or be bold and try a coral or berry red on warm skin tones, or cherry pink or plum on a cool skin tone for a real 'rush of blood to the cheeks' effect. »

DRESS, ALMOST FAMOUS; EARRINGS, TEBAZILE



FOR THE SMOOTHNESS OF A £60 SPA TREATMENT[1]



If there's one thing you shouldn't give up on it's the luxury of **healthy-looking, beautiful hair.** Thanks to Pantene's spa understanding and our advanced Pro-V formulas, spa inspired hair care is an indulgence you can afford[2] **In technical tests, a £60 spa treatment couldn't outperform Pantene for smoothness[1].** So for amazingly silky smooth hair treat it to Pantene's Smooth & Sleek collection. 100% guaranteed[3].

Find spa inspired thinking at www.pantene.co.uk

[1] Pantene Smooth & Sleek shampoo, conditioner & rinse-off treatment vs. a selected spa treatment (shampoo, conditioner & intensive).
[2] in 500ml value pack. [3] satisfaction guaranteed or money back, ends 31/07/11.

PANTENE PRO-V



TOP, ALMOST FAMOUS; EARRINGS MARTINE WESTER; RING, PEPPER PINK

GLIMMER LIDS

"Glitter can make eyes look flat, so to create depth, first use a silver shimmer shadow from the lash lines to the brows as a base," says Afton. "Then dab glitter glue (try Aquaglitter from www.screenface.co.uk, £6.95) on the upper lids and, with one light sweep of a fluffy brush, coat the lids with gold glitter. The glue will make your glitter look super-intense and keep it in place, but you can remove any stragglers by using a piece of sticky tape pressed gently on the skin." »

And then there was Light

Prevent hair growth with Philips Lumea

Imagine being given smooth skin, each and every day. The new Philips Lumea IPL hair removal system uses Intense Pulsed Light to work wonders in preventing the reappearance of hair.

Philips Lumea is effortlessly effective
Philips Lumea uses a light-based technology derived from professional beauty salons, which can now be used at home. It's soft on skin and keeps hair from reappearing for longer. Simply use it every two to four weeks for silky smooth skin every day.

Preferred by women, recommended by Dr. Vic A Narurkar*
In product surveys, 82%** of women preferred Lumea's IPL hair removal system to their conventional methods. According to Dr. Narurkar, "Lumea is a safe and easy to-use tool that is effective for use at home."

Meet women who have experienced the wonder of Lumea at www.philips.co.uk/lumea





Guaranteed smooth skin results in 60 days, or your money back.†

PHILIPS
sense and simplicity

*Dr. Narurkar is a US board certified dermatologist **Based on 315 Lumea users in Spain (MetrixLab, 2009)
†Terms and conditions apply. See inside pack for details.

www.philips.co.uk/lumea



LOUD MOUTH

"For a mouth that does all the talking, first give your skin a creamy, even finish with your favourite foundation, and accentuate your eyes with nothing but mascara," says Afton. "Now, for the main event, choose a loud lip colour that contrasts with your skin tone: blue-based pink if you're naturally 'warm', and hot orange or coral if you've got cool undertones. Trace your lips with a matching liner and blend the pencil inwards. Follow with a high-pigment lip cream or lacquer, or apply lipstick with a brush and top it with gloss in the same shade." »

SHRUG, MARKS & SPENCER; EARRINGS, AMRAPALI; NECKLACE, ALEX MONROE; RING, ALLUSIONS

5 EASY LOOKS, 25 CLEVER BUYS



EYE LIGHTS

Urban Decay Stardust in Bobby Dazzle, £13.50

Mac Shadestick in Shimmersand, £13

RMK Ingenious Jelly Eyes in Silver Gold Beige, £16

L'Oréal Quad Pro in Hazel Eyes, £7.99

Bourjois 16h Liquid Eyeliner in Gold, £5.99



SASSY SOCKETS

Accessorize Illusion Single Eye Shadow in Denim, £4

Nars Duo Eyeshadow in Burn It Blue, £23

Illamasqua Liquid Metal in Superior, £17

Jemma Kidd Iridescent Eye Silk Crayon in Ocean, £15

Revlon Nail Enamel in Minted, £6.29



FEVER FLUSH

By Terry Blush Terrybly in Platonic Coral, £40

Shu Uemura by Ya Takano Blush Tint in Miracle Cherry, £20

Maybelline Expertwear Blush in Flash Plum, £4.99

Laura Mercier Bonne Mine Healthy Glow For Face & Cheeks Crème Colour Palette, £35

Topshop Blush in Flush, £6



GLIMMER LIDS

Vie at Home Glamourising Glitter in Kaleidoscope, £11

Sue Devitt E-Z Eye Roller Ball Eye Shadow in Bambari, £14

Black Up Pailettes, £13.50

Max Factor Max Effect Dip-In Eye Shadow in Silver Lounge, £5.99

Me Me Me Colourama Long Lasting Cream Eyeshadow in Molten Brown, £5.50



LOUD MOUTH

Rimmel Vinyl Gloss in Pin Up, £4.49

Revlon ColorBurst Lipstick in Fuchsia, £7.99

Barry M Lip Liner in Fuchsia, £2.95

Lancôme Laque Fever in 312 Furious in Fuchsia, £18

Marks & Spencer Perfection Super Nourish Lipstick in Tangerine, £9.50 ◆

MAKEUP AFTON AT S MANAGEMENT, USING NARS. HAIR DINO PEREIRA FOR LISA SHEPHERD SALONS, USING DERMALOGICA. NAILS ANGELA MARI FOR REVLON. MODELS HELLANA MARDASIAN AT PREMIER, LEIGH AT MODELS 1. STYLIST'S ASSISTANT PHILIPPA CHAPMAN. STILL LIFES IAN SKELTON. SHOT AT WWW.SPRINGSTUDIOS.COM. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*

Choose Your Glam

Strong, smokey eyes or dramatic red lips?

"Women think they're either eye girls or lip girls – but why limit yourself? This collection is all about what mood you're in."

Bobbi Brown

Visit a Bobbi Brown studio now and learn how to create the look of your choice (our treat). Receive a complimentary makeup lesson and a personalised face chart. Visit www.bobbibrown.co.uk to find your local store and call to reserve your space.



BOBBI BROWN

HELP: I'M in a

Is your beauty regime in need of some serious attention? Here's how to reboot it for 2011...

Still sporting the same 'do since school? Is your makeup routine so slick because you haven't changed it in years? Tsk! We *all* have our beauty comfort zones (step forward, Jennifer Aniston), which means we could be missing out on hundreds of ways to look prettier, foxier or just plain different. We asked you, via www.cosmopolitan.co.uk, to let us know where you need a little help. Hands up if you recognise any of these…

1

I'm determined to upgrade from my trusty nude gloss to lipstick. But how do I find the right one?

Lipstick is *hot* right now. Celebs like Georgia Jagger and Daisy Lowe are wearing their lippy in a new way: bold and bright, with jeans or cocktail dresses, high heels or wellies. The trick is to throw it on with courage – it's the confident, carefree splash of colour that makes it oh-so-sexy.



For the right shade, match your lipstick to your skin tone, not your outfit! Makeup artist Daniel Sandler knows the drill:

* **You're FAIR... LOSE** the soft pink and beige. **GRAB** a bright orange, like 17 Mirror Shine On Lipstick in Peace, £4.49

* **You're GOLDEN... LOSE** the berry stain. **GRAB** a hot pink, like Yves Saint Laurent Rouge Pur Couture in Le Fuchsia, £22

* **You're OLIVE... LOSE** the beige-brown. **GRAB** a true red, like All For Eve Lipstick in Eve Red, £10

* **You're BLACK... LOSE** the browns. **GRAB** a deep plum, like Bobbi Brown Creamy Lip Color in Black Cherry, £15.50



HOW TO APPLY LIPSTICK LIKE A PRO

* Smooth foundation over your lips to lock down the colour.
* Relax your mouth. Tense lips mean an uneven finish.
* Use a tapered lip brush to get the cleanest edges, like the *Cosmopolitan* Beauty Expert Perfect Finish Travel Lip Brush, £3.95.
* Work in thin layers, starting from the middle outwards.



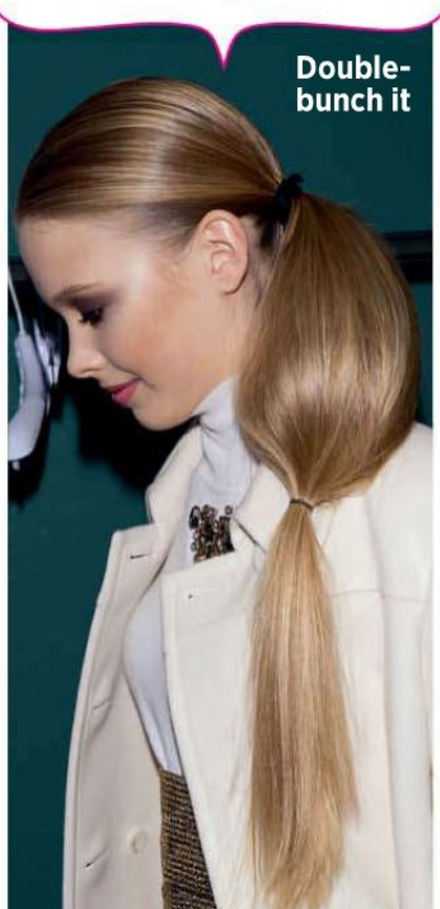
STUCK beauty rut!

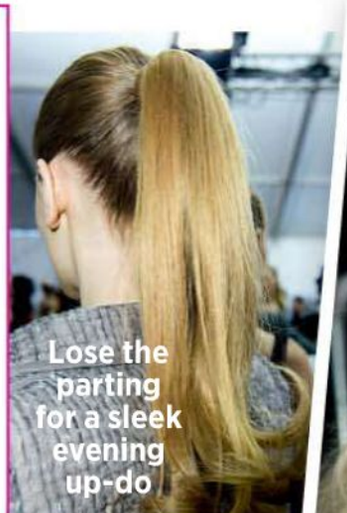


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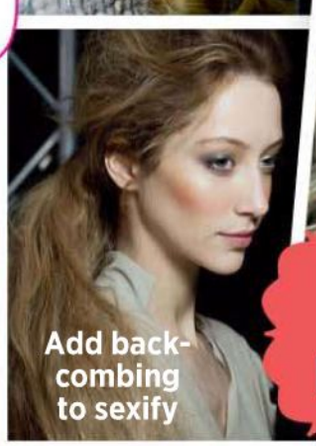
I only ever wear my hair down or in a ponytail. Can you give me some quick and easy alternatives?

Ponytails are a massive catwalk trend this winter! "A ponytail has endless variations – simply move it around your head," says celebrity stylist Andrew Barton. "Wear it low at the nape of the neck, high at the crown or create a strong side-parting and wear it low at the opposite side."

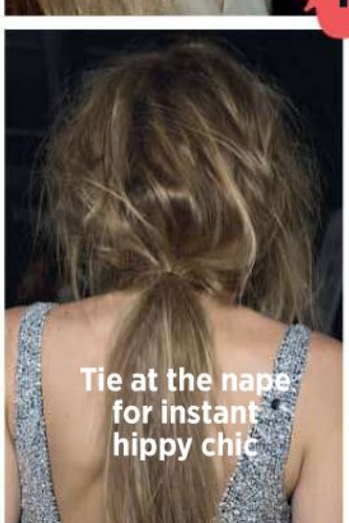


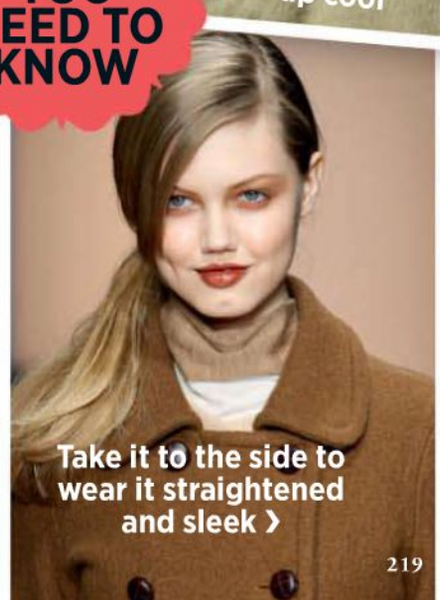






PONY TRICKS YOU NEED TO KNOW






MAXFACTOR
MAX EFFECT
LIP GLOSS
NEW
MAX
COLOUR
EFFECTS
RANGE
‘Backstage using colour is all about making a statement. So when we put together this exciting, vibrant new range we went for MAXIMUM COLOUR FOR MAXIMUM IMPACT. Now show your true colours.’
MAX EFFECT
DIP-IN EYE SHADOW
MAXFACTOR
THE MAKE-UP OF MAKE-UP ARTISTS



FOR DAY

3

I want to break away from my safe makeup routine. What are some new but foolproof tricks?

Half the battle is getting the right look for the right moment. Glitter on the dance floor? Foxy. Glitter in the boardroom? Not so much. Here's how to stay gorgeous around the clock…



* **Use blusher** Your circulation is slower in the morning so skin can look washed-out.

* **Go for gloss** "A sheer lipgloss is a fail-safe way to try quite bright colours, plus it makes your pout look twice as big," says makeup artist Jemma Kidd.

* **Maximise your lashes** Try this trick: run a black or brown pencil over the inner rim of your upper lashline – it makes lashes look twice as thick!

* **Add one colour** "Wear your trusty nude eyeshadow and pair with a bright stripe of eyeliner on the top lids only," says Jemma. "Emerald green looks pretty on everyone."







FOR NIGHT



* **Add smoke** "Apply pencil eyeliner along the upper lashline and use a brush to work the colour upwards," says Keira Knightley's makeup artist Sue Devitt. "Don't use a windscreen-wiper motion – it's really dated. Blending your shadow upwards helps keep colour close to the lashes."

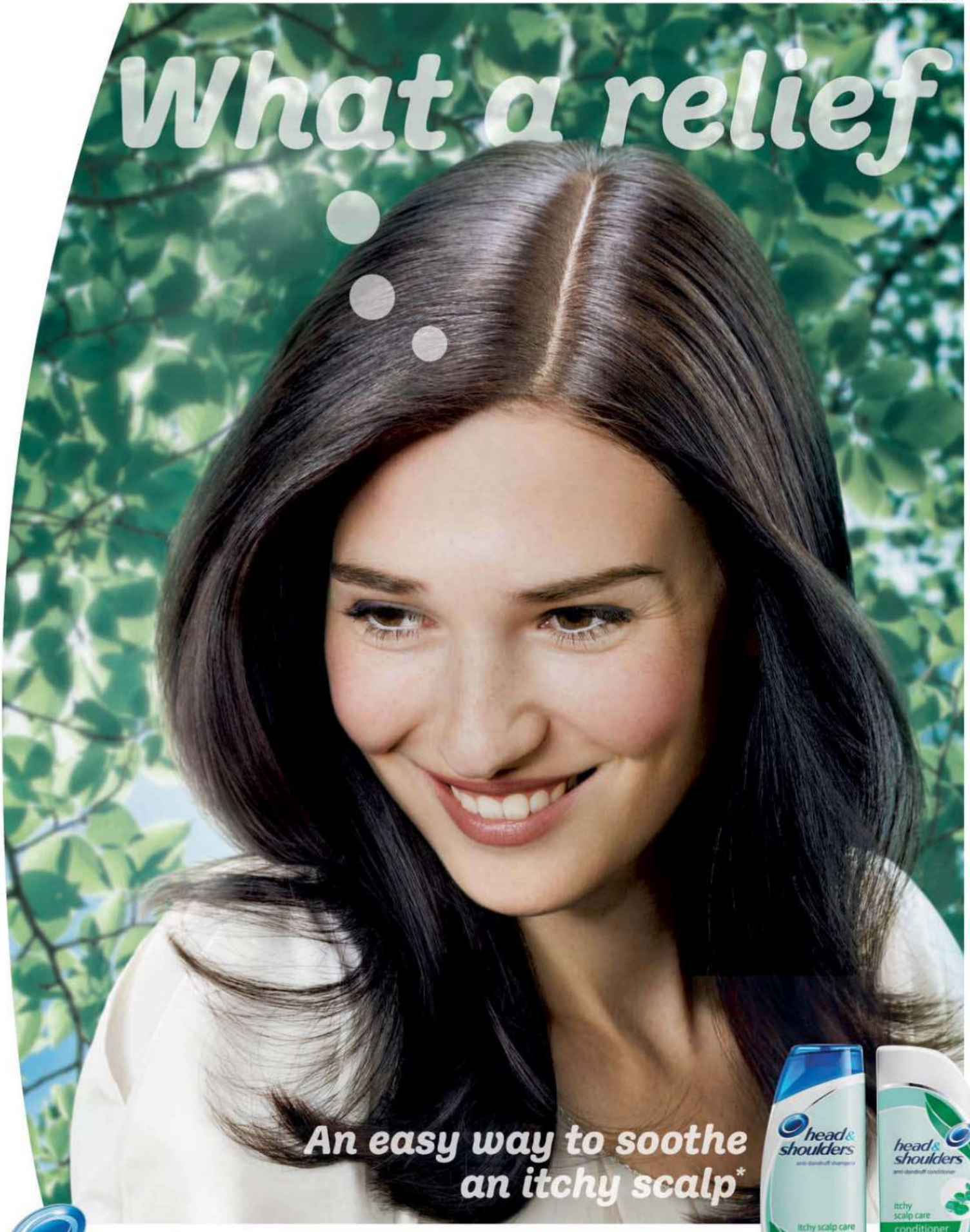
* **Try liquid liner** "On its own it can sometimes look harsh, but try it as a finisher over a pencil line," says Sue. "The deep pigment makes your eyes stand out."

* **Go for gleam** "Metallics on the eyelids look amazing in candlelight, especially rich jewel shades," says Jemma. "Make your own by mixing a high-shimmer pigment with Vaseline."



*Associated to dandruff

What a relief :)



An easy way to soothe an itchy scalp*

head & shoulders
making heads happier

New head and shoulders itchy scalp care helps soothe your itchy scalp on the outside, so your head feels happier inside.

soothing eucalyptus scent





"I love the '90s grunge look with grown-out rooty colour – dark at the roots and light on the ends. Ask for the freehand balayage technique rather than highlights."

"I'm doing a lot of mid-lengths and bobs cut to look like they haven't been 'done' professionally! It's about cutting chunks out of a classic shape and wearing it messed-up."

4

I've had the same hairstyle for five years. What can I do to look and feel cool again?

It's time for a completely new 'do and you know it. We asked George Northwood of hip London hair salon Daniel Hersheson what's on his radar...





"At the moment, you can't be blonde enough – even if you pair it with some trashy dark roots (very Courtney Love). Get the look with loads of very fine, bright highlights."

"The centre parting with a grown-out fringe is a big look. It's a bit '60s, with root lift at the crown. Ask your stylist to cut your hair on a centre parting with a long fringe thinned out at the ends." ›

BY KATE TURNER. PHOTOGRAPHS PHOTOSHOT, XPOSURE, ALPHA PRESS, EXPRESS SYNDICATION, PRESS ASSOCIATION, WENN, WIRE IMAGE, SOLARPIX, BIG PICTURES, CAPITAL PICTURES, JASON LLOYD-EVANS. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*

5

Skincare advice is so confusing. What are the most important things I should be doing?



CLEANSE

"Clean skin is able to breathe and function in a more healthy way; it will look brighter and much more youthful."
Sarah Chapman, *top facialist*

MOISTURISE

"Dehydrated skin can't repair itself, so keeping skin moisturised is actually anti-ageing. Great moisturising ingredients are glycerin, hyaluronic acid and essential fatty acids."
Ingeborg van Lotringen, Cosmo *Beauty Director*

SPF

"Wear an SPF15 to 30 every day and try to find one that's not too sticky under makeup. The sun's damaging rays are the main cause of ageing."
Bobbi Brown, *makeup guru*

MASSAGE

"Daily facial massage increases blood flow, releases tension and breaks down spots. Massage the skin firmly in circular movements, starting from the neck and moving upwards."
Vaishaly, *celeb facialist*

EYE CREAM

"The skin around the eyes is super-delicate and where you'll see your first wrinkles, so invest in an excellent daily eye cream."
Kate Turner, Cosmo *Beauty Editor*

EXFOLIATE

"This keeps pores clear, helps diminish dark spots and dullness, and helps your makeup look and wear better."
Dr Tom Mammone, *Clinique dermatologist*

SLEEP

"A lack of sleep can lead to increased stress hormones and inflammation that can lead to irritation and ageing. Aim for seven hours a night."
Dr Weil, *Origins skincare guru*

ANTIOXIDANTS

"These are molecules that protect skin from damage and it's important to both consume them and apply them. Eat brightly coloured fresh fruits and vegetables, and use products with added antioxidants."
Dr Tom Mammone ◆

YOUR EXPERT KIT

StriVectin-SD Instant Retexturizing Scrub, £35

Clinique Repairwear Laser Focus Wrinkle & UV Damage Corrector, £35

Olay Total Effects Touch Of Concealer, £12.99

Pond's Cold Cream Cleanser, £3.99

Johnson's Daily Essentials Nourishing 24-Hour Day Cream with SPF 15, £3.99





I want make-up
which enhances my beauty
without concealing it.

I want make-up
which favours organic and
natural formulas.

I want make-up
which also cares
about the planet.

UNE
natural beauty

Available at selected Boots
and Superdrug stores



unebeauty.com



Christina Aguilera

WIN... *BURLESQUE* PREMIERE TICKETS

With Christina Aguilera's fabulous Royal Desire fragrance, you will feel and smell like an A-lister. So now all you need is the celeb lifestyle to boot!

★

Cosmo is offering one reader and a friend the chance to win tickets to the glitzy premiere of Christina's new movie *Burlesque* plus an overnight stay in a top London hotel.

★

In *Burlesque*, Christina stars as Ali, a small-town girl with a big voice who follows her dreams to LA. She stumbles upon a burlesque lounge where she vows to perform one day...*Burlesque* is at cinemas 17 December.



To view the trailer, go to www.burlesque-movie.co.uk.

★

TO ENTER THE COMPETITION, VISIT www.cosmopolitan.co.uk/burlesque. Closing date 3 December.



GO IN STORE FOR A GIFT SET, THE PERFECT PRESENT FOR AROUND £20!*

CHRISTMAS *with Christina*

Transform your dressing table into a royal boudoir

If anyone knows glamour it's Christina Aguilera and, lucky for us, she's bottled it up in her gorgeous fragrances. The perfect gift for glamorous girls, the range exudes luxury. Her latest addition, Royal Desire, is a sexy blend of Oriental and signature musky notes, making it a dressing table must-have. "I wanted to create a truly sensory experience, and provide a moment every day where women could pamper themselves and feel sexy and beautiful," says Christina. So why not treat someone special (or even yourself!) to one of Christina's beautiful fragrances this Christmas – her feminine and sexy original scent or the new, elegant Royal Desire. The perfect presents!



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*AVAILABLE AT PARTICIPATING STORES WHILE STOCKS LAST

I want...

...a beauty wonderland



'HOUSE OF FRASER'S NEW APOTHECARY IS CRAMMED WITH UNIQUE BEAUTY FINDS, FROM £4'

BEAUTY DIRECTOR
INGEBORG VAN LOTRINGEN

PHOTOGRAPH DENNIS PEDERSEN. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*



GET IT ONLINE
See www.cosmopolitan.co.uk/loreal for a step-by-step guide on how to achieve this style.

GET FREIDA'S BEAUTIFUL PILED-UP-DO

1 Prep hair with the shine-enhancing L'Oréal Paris Elvive Nutri-Gloss Shampoo and Conditioner, RRP £2.39 each. Products like these will cleanse and condition your hair so it's ready to style.

2 For an indulgent conditioning treat that will add shine without weighing your hair down, use L'Oréal Paris Elvive Nutri-Gloss Light Conditioning Shine Spray, RRP £3.29.

3 Create brilliant volume at your roots (the key to any great up-do!) with a good fixing mousse. L'Oréal Paris Studio Line Silk & Gloss Fixing Mousse, RRP £3.49, is ideal. Not only will it give hair a height boost, but it'll also help keep locks looking shiny and hold your style in place.

4 To make sure your 'do doesn't droop, secure it safely in place with an all-over spray of Elnett Absolute Hairspray, RRP £3.49. This strong-hold spray will help keep your pretty premiere hair in place. See how to create this whole look at www.cosmopolitan.co.uk/loreal.

TOP TIP
Kirby grips are key for any up-do. Match them to your hair colour to keep your pinning discreet.



Get the look

Glamorous lust-after locks, just like the celebs you love

This month's hair idol? We're loving this beautiful up-do sported by the gorgeous Freida Pinto. Now let the professionals at L'Oréal Paris show you how to get her glamorous look with all the products you need to replicate this red-carpet-worthy hairstyle. Don't forget, for more tips on how to get the look, visit www.cosmopolitan.co.uk/loreal. Plus, find other hot looks at www.lorealparis.co.uk.



COMPLETE YOUR OH-SO-CHIC STYLE with a makeup look just as sassy. Go for super-smooth-looking skin with True Match Foundation by L'Oréal Paris, RRP £9.99. Then pump up the volume with sultry eyes using a black kohl liner like L'Oréal Paris Infallible Eyeliner, RRP £4.99. Then give yourself an enviable fanned-out set of lashes using Volume Million Lashes in Extra-Black, RRP £10.99 – and wow onlookers with those pretty peepers.

Beauty Buzz

This month, Cosmo's experts seek out juicy beauty treats, face-brightening makeup and magic foundations



BEAUTY DIRECTOR **INGEBORG VAN LOTRINGEN** **WANTS HER BEAUTY TO SMELL FRUITY**



BEAUTY EDITOR **KATE TURNER** **DISCOVERS HOW TO HIGHLIGHT HER FACE**



BEAUTY ASSISTANT **PHILIPPA CHAPMAN** **IS WOWED BY PROBLEM-SOLVING BASES**



Hydrating **Korres Cherry Full Colour Gloss, £11,** smells of cherries and comes in a host of orchard-inspired shades.

Don't be fooled – **Nina Ricci Nina L'Elixir, from £30,** doesn't smell of apples but of juicy lemons, limes and berries, along with jasmine and musk.



It's a spot zapper that doesn't pong! **Good Things Stop That Spot! Clearing Gel, £4.99,** attacks zits with sweet-smelling fruit enzymes.



Say cheese! **Soap & Glory Hocus Focus, £12,** ensures a camera-ready, flaw-diffusing glow with flattering 'lightscramble' technology.

Philosophy Divine Illumination, £24, is your eight hours' sleep in a compact. It smooths, firms and adds luminous colour to dull, lifeless skin.



Add a metallic sheen to your eye makeup with **Ellis Faas Eye Lights, £25.** It gives lids a fab wet-look finish.



Clinique Redness Solutions Makeup SPF 15 with Probiotic Technology, £20, calms and soothes skin, treating and concealing redness.



Give your complexion room to breathe with **Bourjois Foundation Bio Détox Organic, £11.99.** It protects against breakouts by purifying the skin.



If it's coverage you're looking for, choose **Max Factor Xperience Weightless Foundation, £12.99.** The best thing? Its super-lightweight formula won't clog your pores.

For the latest goss from the *Cosmo* beauty team, follow Inge at **twitter.com/CosmoBeautyBoss** and Philippa at **twitter.com/CosmoBeautyGal**

PHOTOGRAPHS IAN SKELTON. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*



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Inside My Makeup Bag



She's had a roller-coaster year, but now **Britney** *is back and* Cosmo *asked her about looking good*

What's your everyday makeup routine?
Sometimes I keep it simple and don't wear much makeup – just a little mascara and lip gloss. Other times, I'll play around and do heavier eye makeup or some fun lipstick.

What about skincare – do you have stacks of creams or are you a low-maintenance girl?
Stacks! I love to try all the new products.

What's the inspiration for your latest perfume?
This time around, I wanted to do something really feminine and sophisticated. I love the combinations of different floral scents in my new perfume, Radiance [from £22]. It has a really beautiful white floral scent, which reminds me of being back home down south.

Why is scent important to you?
I love how smells can remind you of different times in your life and bring you back to a certain memory.

Are there certain fragrance notes that you go crazy for?
I love florals and vanilla.

Do you fragrance your home too?
Yes – candles are my very favourite. I love the way the scent can last for hours.

What's your pre-party ritual?
Music always helps put me in the right mood.

How did you get in shape?
Having two boys definitely helps, and I love to dance. It's the best way to stay in shape!

Do you like to pamper yourself?
I love treating myself to a spa day. Massages are my favourite.

Finally – your best ever beauty tip?
Drink lots of water and get lots of sleep!

BRITNEY'S LOOK THROUGH THE YEARS





MY ULTIMATE BEAUTY ICON



MY SUPER SCENT



Britney Spears Radiance, from £22



Benefit Ultra Shines Lip Shine in Dancing Queen, £14

MY MAKEUP MUST-HAVES



Maybelline Lash Stiletto Voluptuous Mascara, £7.99



Elizabeth Arden Smoky Eye Pencil, £13.50

BY KATE TURNER. PHOTOGRAPHS BARCROFT, CAPITAL PICTURES, CAMERA PRESS, EYEVINE, WENN, WIREIMAGE.COM, STILL LIFES STUDIO 33. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*

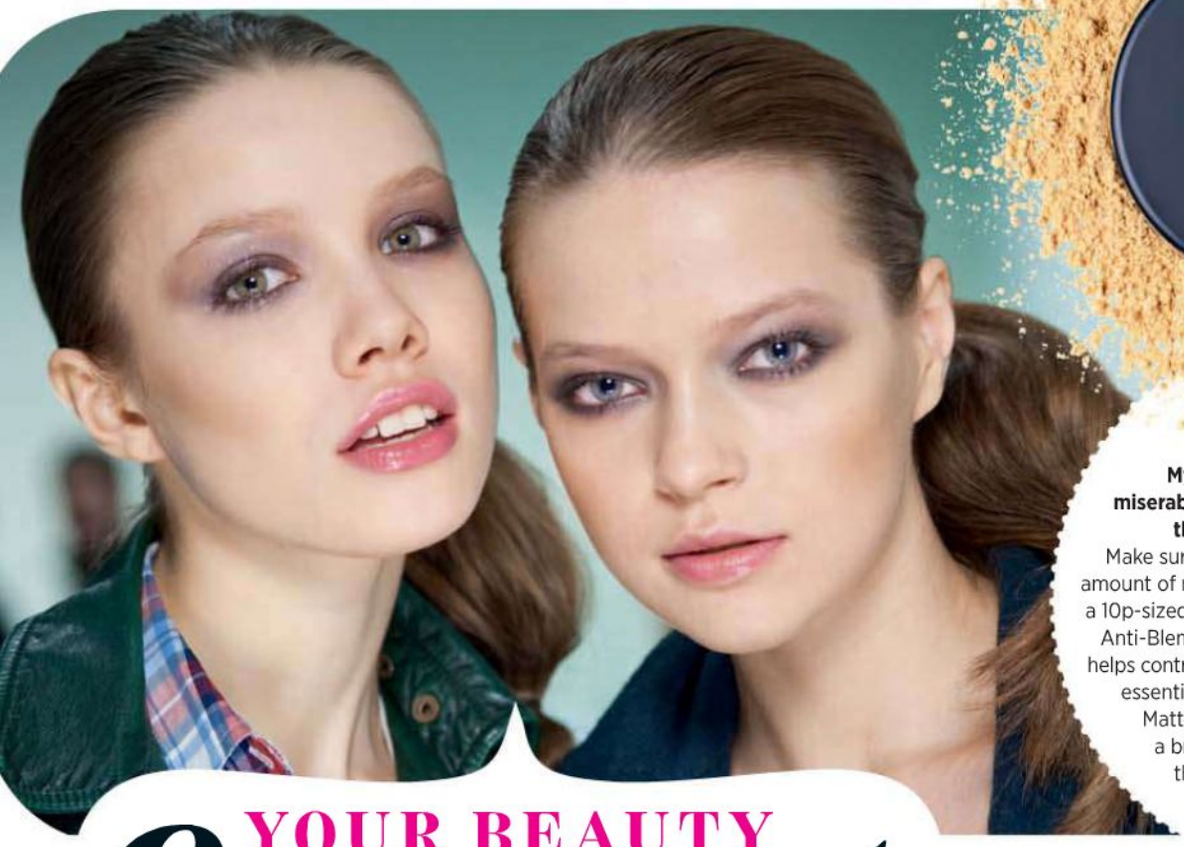


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Q My oily skin makes me miserable. How can I get through the day shine-free?

Make sure you're using only a tiny amount of moisturiser – you only need a 10p-sized blob. Try REN ClearCalm3 Anti-Blemish Day Fluid, £24, which helps control oil overflow. Your makeup essential should be BareMinerals Matte SPF15 Foundation, £24, a brilliant mineral foundation that looks like bare skin but secretly mops up shine throughout the day.

YOUR BEAUTY Expert

For the world's sexiest beauty secrets, just ask Cosmo!



Glowing: Sienna Miller

Q Where can I get a facial that won't break the bank?

Lancôme has teamed up with Sienna Miller's facialist, Nichola Joss, to design five treatments. Try the Volumetry Lifting Facial for toned, glowing skin. It costs just £25 at Peter Jones, London. Call 020 7881 6420 to book.

Q What's this winter's must-have makeup item?

Topshop senior designer Lizzie Dawson's job is to sniff out the next big thing. "Topshop Kohl Dust, £7, is perfect for creating this season's LA grunge look, and already has a waiting list with our head-office girls!" she says. "It gives eyes a 3D smoky-eye effect. You can crumble it over the top and bottom lashes, both inside and out, for that sexy, slept-in look."



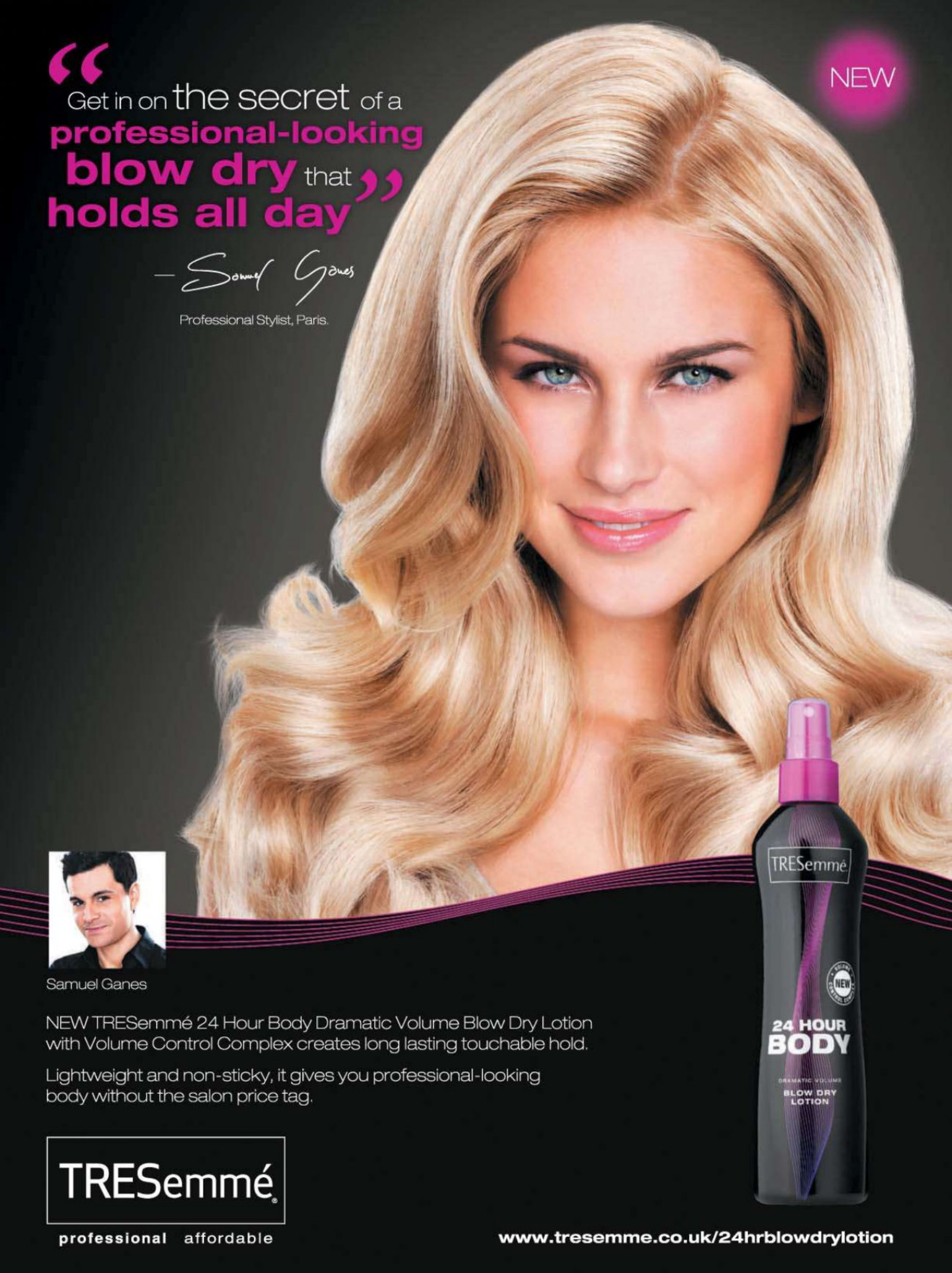
Q I've tried colouring my hair at home but I got really stressed trying to blend it evenly. Any tips?

We've *so* been there. Which is why we're more than a little excited about the new John Frieda Precision Foam Colour, £9.99 – the first permanent foam hair colour that you apply like a shampoo for a more even result. It gets into all those tricky-to-reach areas, so you don't have to part or section your hair – *or* get drips down your back. Amaze!



GO ON, ASK US! PING US YOUR BEAUTY QUESTION AT COSMOBEAUTY@NATMAGS.CO.UK

BY KATE TURNER. PHOTOGRAPHS CAPITAL PICTURES, PACIFIC COAST NEWS, STUDIO 33, JASON LLOYD-EVANS, STUDIO 21. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*


“Get in on the secret of a professional-looking blow dry that holds all day”
– Samuel Ganes
Professional Stylist, Paris.
NEW
Samuel Ganes
NEW TRESemmé 24 Hour Body Dramatic Volume Blow Dry Lotion with Volume Control Complex creates long lasting touchable hold.
Lightweight and non-sticky, it gives you professional-looking body without the salon price tag.
TRESemmé
professional affordable
TRESemmé
NEW
24 HOUR BODY
DRAMATIC VOLUME
BLOW DRY LOTION
www.tresemme.co.uk/24hrblowdrylotion

Pretty gorgeous

Everything you need to make this month your most beautiful yet



If, like us, you still get excited when you see a makeup palette with every colour of the rainbow in it, you'll want to snap up this bargain: **Scarlett & Crimson Box Of Beauty, £18.**



Q&A

Q Is an expensive scented candle worth investing in?

A It is. Cheapies may have nice-smelling wax, but you'll barely smell them when they're lit. Really good ones fill the room with scent: Jo Malone Pine And Eucalyptus Silver-Plated Candle, £40, lingers so long it'll seem like Christmas lasts forever.

No sweat

Palmolive Soft & Gentle 24hr Anti-Perspirant Deodorants, from 99p each, come in (count them) nine fragrances, so there must be one you'll love – or you're just too picky!

MAKEUP SECRETS

IN ASSOCIATION WITH MAX FACTOR



PERFECT TO PARTY

"Daring colour is a party-makeup must," says Max Factor celebrity makeup artist Caroline Barnes.

1 To wow at all the Christmas parties, first sweep a neutral eyeshadow across the lid to even out the eye area.

2 Then, to really get festive, highlight the inner corners of the eyes with Max Effect Dip-In Eye Shadow in Party Lime – this will open them out and make them sparkle.

3 Sweep Max Effect Dip-In Eye Shadow in Vibrant Turquoise along the lower lashes, across the top lid and up into the socket. Then, using the Party Lime, blend away the shadow on the outer socket bone for a two-tone effect.

4 Layer lashes with Max Factor False Lash Effect Limited Edition Mascara. Get ready for all eyes on you!



Max Factor False Lash Effect Limited Edition Mascara, £10.99* (available in Boots, while stocks last)

Max Factor Max Effect Dip-In Eye Shadows, £5.99* each



ETRO

BY INGEBORG VAN LOTRINGEN. PHOTOGRAPHS SCOPE BEAUTY. STILL LIFES IAN SKELTON. *PRICES ARE RRP AND AT THE SOLE DISCRETION OF THE RETAILER. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*


“Get in on the secret of salon quality hold with a touchable feel.”
– Samuel Ganes
Professional Stylist, Paris.
NEW
Samuel Ganes
NEW from TRESemmé – two new salon quality hairsprays for long-lasting hold, with flexible movement and a soft touch.
The ultra fine spray is fast drying, non sticky and 24 hour humidity resistant, giving you the salon look without the salon price tag.
TRESemmé
professional affordable
TRESemmé
SUPERIOR HOLD
touchable feel
HAIRSPRAY
TRESemmé
ULTIMATE HOLD
platinum shine
HAIRSPRAY
www.tresemme.co.uk/hairspray

You tried it...

BEAUTY SCIENCE CLASS

This month is all about clever cosmetics with a scientific twist. We asked six curious Cosmo readers to give these DIY delights a try

PHILOSOPHY MIRACLE WORKER MIRACULOUS ANTI-AGING RETINOID PADS, £61.50
BY KEELY PEEL, *22, SEO EXECUTIVE*



THE PACK SAYS: Pads infused with a high-performance retinoid that promises noticeable results in skin smoothness and clarity in a week.
YOU SAY: "This was easy to prepare: I poured the solution on the top pad to saturate all of them. I have acne-prone skin that has left me with minor scarring and redness, and was worried wiping a pad across my face every day might make it worse. But after two weeks I could see a difference in the smoothness of my skin. A thumbs-up from me!"

PURELOGICOL AGE-DEFYING FACE MASK, £44.99
BY BETH MURRAY, *25, ACCOUNT MANAGER*



THE PACK SAYS: Collagen powder combines with a vitamin- and plant-enriched activating cream to instantly brighten, rehydrate and firm skin.
YOU SAY: "I liked the idea of natural enzymes lying dormant in the capsules and going live when they were mixed with the cream – it made the mask seem more fresh. The paste was messy to mix but easy to pat on the skin, and left it so soft, plump and fresh. It was brighter too, and after five uses I felt happier going without my tinted moisturiser."

BREMENN 'BOOB JOB IN A BOX', £72
BY FIONA FOULTON, *23, SECRETARY*



THE PACK SAYS: A beautification system that lifts the look of your bust with a combo of exercise, a plumping cream and a lifting emulsion.
YOU SAY: "This kit is easy to use as it can be included as part of your daily beauty regime. The potions are easily absorbed and the exercises are simple, regardless of how fit you are. My boobs haven't 'grown' yet, but that might be as I haven't completed the recommended four weeks. But they seem more toned and soft."

BLISS 'PORE'FECTOR GADGET, £125
BY KATE EDEN, *30, JAZZ SINGER*



THE PACK SAYS: A power purge for plugged pores, this generates sonic vibrations that create 'micro-jets' of water to deep-clean clogged skin.
YOU SAY: "I was excited about 'power purging plugged pores', but apprehensive about dragging an electrical appliance over my wet face! It's not unpleasant to use though, and after five sessions I noticed a positive difference to my skin; it was clearer and my pores less obvious – but no more than on a good-skin day, so I'm not totally sold."

ROC SUBLIME ENERGY NIGHT, £39.99
BY GEORGINA SELIGMANN, *27, RECRUITMENT CONSULTANT*



THE PACK SAYS: This duo of creams contains E-Pulse Skin Electro-Stimulation Technology, which creates low-level micro-currents, showing rejuvenating results in three hours.
YOU SAY: "The paste melts onto your skin and smooths it, and you follow it with the activating moisturiser. I have a few fine lines on my forehead and after two days I noticed them disappearing. My skin looks amazing and is baby-soft; even after a bad night's sleep I look like I've had eight hours."

KÉRASKIN CRYOZONE COLD EYE THERAPY KIT, £60
BY CARLA CHALLIS, *28, FASHION ASSISTANT*



THE PACK SAYS: Designed to tackle fine lines, dark circles and puffiness using a cooling tool to enhance the effects of the smoothing eye serum.
YOU SAY: "The best thing about this is the pressurised canister that you use to cool the cream. After using it, my undereyes were given a real zing, which was perfect after a night out! I didn't notice a big difference to my dark circles, but after a few applications my skin felt smoother and my eyes looked more refreshed and awake."

BY CASSIE POWNEY. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*


MATCH PERFECTION
FOUNDATION
SMART-TONE TECHNOLOGY
MIMICS YOUR SKIN TONE
BLUE SAPPHIRE FOR FRESHER COLOUR
TRUE TO YOU FLAWLESS COVERAGE
SMART-TONE TECHNOLOGY
TRUER FRESHER COLOUR
OXYGENATING COMPLEX
BLUE SAPPHIRE
RIMMEL LONDON
MATCH PERFECTION
FOUNDATION
ADAPTS TO SKIN TONE & TEXTURE
Perfectly Flawless Finish
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NEW
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ULTRA CREAMY COMPACT POWDER
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Hair heaven

All the gossip and tricks from our spies in salons across the country



Keep up with Kim Kardashian by copying her super-sleek locks

STYLIST'S SECRETS

IN ASSOCIATION WITH JOHN FRIEDA®

"The easiest way to get super-straight hair is to prep it with a straightening shampoo and conditioner like **John Frieda Frizz Ease Straight Ahead Shampoo and Conditioner (£4.49 each)**," says Kerry Warn, international creative director for the John Frieda brands. "Then apply **John Frieda Straight Fixation Smoothing Creme, £4.79,** through damp hair to smooth any flyaways and blow-dry using a natural bristle brush for a sleek finish."

Salon news



What if we said you could get your hair and nails done by a team of experts in just 20 minutes? Well, the Electric Hairdressing team has introduced the ultimate in fast pampering. The Electric Express Blow-Dry, £50, includes a pedicure while your hair is being washed and a manicure while it's being dried – and it really does only take 20 minutes! So now there's no excuse not to pamper yourself. For salon details, go to www.electric-hair.com.



Brit-tastic

Check out Batiste Brit Dry Shampoo, £2.09 – it'll freshen up your locks and brighten up your boudoir!

THIS MONTH'S BEST GADGET



Fashion designer Julien MacDonald has teamed up with Comet to launch an electrical hairstyling range. It's so fab, we can't wait to get our hands on it, especially this hairdryer (£49.99).

PRETTY PINS

How stylish does Sarah Jessica Parker's 'do look? Adorn your style to look just like hers with Babyliss Cream Flower Bobby Pins, £5 for two.



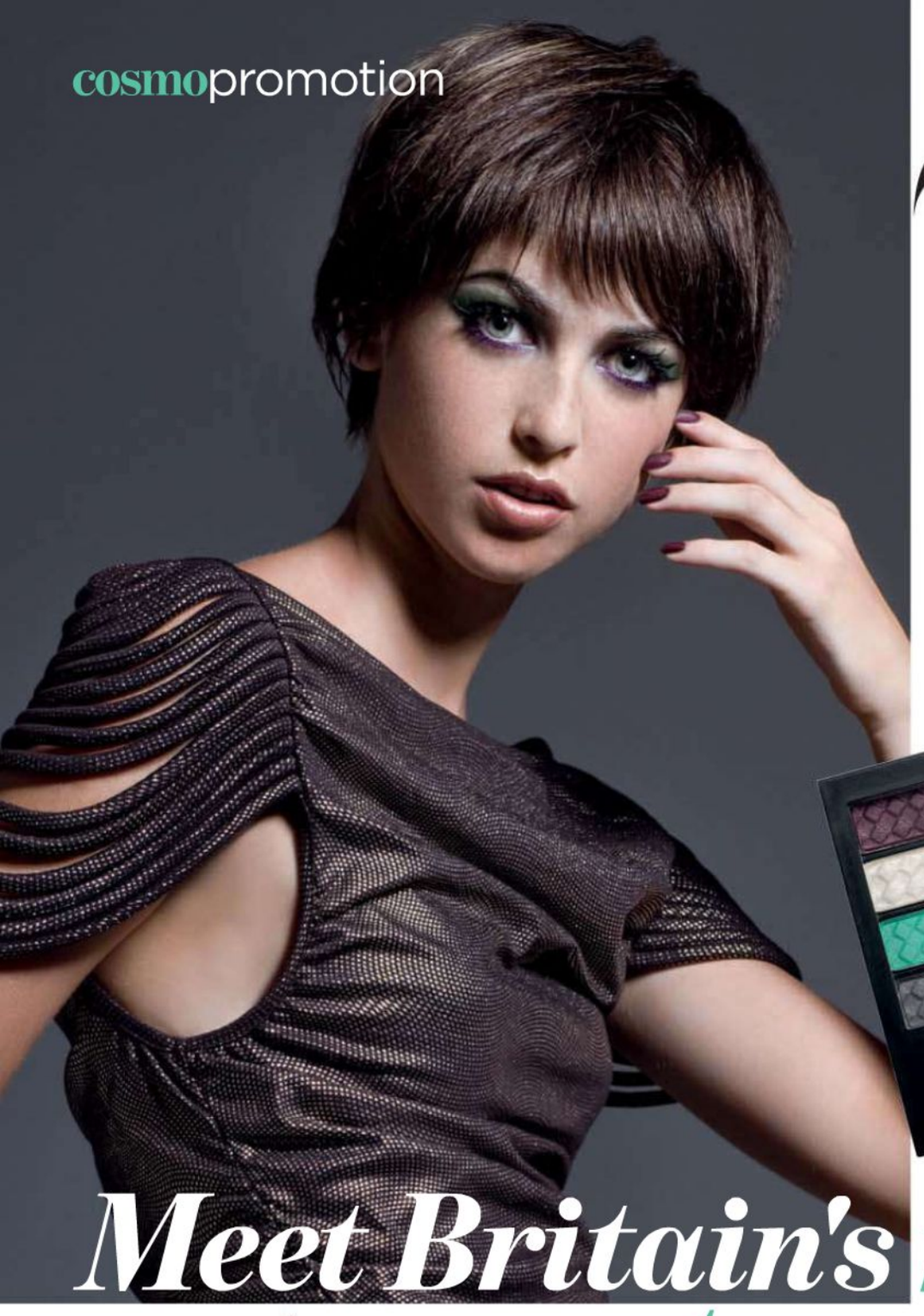
BY PHILIPPA CHAPMAN. PHOTOGRAPHS XPOSUREPHOTOS.COM, RETNA, STUDIO 33. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*



GET THE LONDON LOOK

RIMMEL
LONDON

rimmellondon.com



Meet Britain's next top model

Get the winning look

EYES: GO INTENSE

Use **Revlon ColorStay 12 Hour Eyeshadow Quad in Silver Fox, RRP £7.99.** The combination of deep purple, bright turquoise and silvers means you can create the beautiful look Tiffany showcases here.

LIPS: MUTED BROWN

Keep lips pretty but strong with this winter's beautiful muted browns. **Revlon Super Lustrous Lipstick in Mink, RRP £7.49,** is perfect for creating rich colour and a pout to be papped!

NAILS: MATTE SHADES

Hot nails this season are those kept short, well-manicured and dark. Shades of dark blood-red and deep green have become big news this year. **Revlon Nail Enamel in Ruby Ribbon, RRP £6.49,** means you can copy the catwalks with ease.



Insider secrets

Get your catwalk strut ready, with tips from the top...

Mascara is key: Long, feathery lashes add definition to the on-trend smoky-eye look, and accentuate eyes for a powerful glare.

◆

Posture: Keep your head held high and your neck long for an eye-catching pose. A neck that disappears is not sexy!

◆

Be confident with colour: Use makeup confidently, experiment with your colour palette and change it to suit the season, the latest trends – or even your mood.

Feel like a star – just like *Britain's Next Top Model* winner Tiffany Pisani

The competition was fierce, but the winner has been crowned. Tiffany Pisani has been voted winner of 2010 *Britain's Next Top Model,* and as the new face of Revlon – official makeup partner to the show – she has the world at her feet and an exciting career ahead of her! Modeling Revlon's gorgeous new collection of winter shades (above), Tiffany shows us just how to rock this season's catwalk colour palette. Warm plum and mink shades are mixed with bright turquoise and strokes of silver to create this year's glamorous smoky-eye look. Combine this with one of the hottest trends this A/W – beautifully bold, dark nails in deep reds and greens. Finally, accessorise with the perfect 'smize' for a confident, sexy and totally top-model look! **Revlon is available from selected Boots and Superdrug stores. For stockists, call 0800 085 2716.**

BRITAIN'S NEXT top model

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Is it a bird? Is it a plane? Is it an armless pole dancer? No, it's a pair of **Alida Tweezers With Attitude, £2.99.**

Smashbox Photofinish Luminizing Foundation Primer, £29, makes you look permanently lit in soft focus.



27

The 27 active ingredients in **Baume 27 Bio-Energizing Cell Repair Balm, £112,** help our skin glow even when we need to catch up on sleep.



We love the happy, sweet scent and OTT bottle of **Michael Kors Very Hollywood Sparkling EDT, from £30.**

BEAUTY lust list

Pretty and practical: here's what we want in our stocking



Mad in its compact; pretty on your eyes: **Shiseido Luminizing Satin Eye Color Trio in Tropicalia, £32.50.**

Zap brassy tones with a purple-hued shampoo: it's what top colourists recommend. **Fudge Clean Blonde Toning Shampoo, £11.95.**



Ojon Extreme Hold Hairspray, £24, is full of strengthening ingredients and smells of caramel, not hairspray.



Ole Henriksen Truth To Go Wipes, £20, cleanse, energise and firm – and they come in a cheery pack!

BY INGEBORG VAN LOTRINGEN. PHOTOGRAPHS DENNIS PEDERSEN. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*





83% of those who tried it agreed they would buy *Simple Kind To Eyes Revitalising Eye Roll-On**

BRIGHT-EYED

Keep panda eyes at bay – wipe away the night before and wake up tired eyes with a Simple routine

You've just climbed into bed without removing your makeup – because we all know it can sometimes seem like such an effort after a long night out!

Well, now you can show the world your most sparkling eyes ever with help from skincare experts Simple. New Simple Radiance Brightening Eye Make-Up Remover Pads, RRP £3.99, are wonderful mini wipes that contain skin-loving nutrients and mango goodness to hydrate, soothe and nourish your skin, removing eye makeup with ease – even stubborn waterproof mascara. To give tired eyes a refreshing boost, use new Simple Kind To Eyes Revitalising Eye Roll-On, RRP £4.99 – already a winner amongst those who have tried it – the perfect edition to your beauty kit to help ease any telltale signs of last night's party! So, with a routine that's this simple, you can take care of your skin and help reveal a radiant and healthy-looking you.

JOIN US

For your chance to join *Cosmopolitan* and the Simple experts at an exclusive reader event in January 2011, visit **www.cosmopolitan.co.uk/simple** to enter!



EXPERT ADVICE

The Simple Advisory Board is here to educate on all the different aspects that can affect our skin's health...



Caroline Frazer, Simple skincare expert and celebrity makeup artist "Use gentle products to remove eye makeup, and never pull the skin around your eyes as it's very delicate – be skin kind."



Dr Chris Bundy, Simple psychologist "When your skin looks good, you feel confident. By maintaining a good skincare, health and fitness regime, skin confidence will come in bags... and not under your eyes!"



Julia Bishop, Simple fitness expert "Exercise releases endorphins. Fact. When it comes to feeling tired from a night out, the last thing you can feel like doing is exercise, but it's the perfect feel-good trick to relieve you of that sluggish feeling – or a hangover."



Fiona Hunter, Simple nutritionist "It's all well and good looking after your skin on the outside, but make sure you love it from the inside too. Pack your diet with skin-loving food like nuts and fish, and food high in omega oils."

*SURVEY OF 200 WOMEN AT ALLABOUTYOU.COM AND HANDBAG.COM, AUGUST 2010.

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We're in LA to talk to the Beckhams about their hot new 'his and hers' fragrances – and we're dying to know what it takes to look and smell *that* good. Victoria is tiny and immaculate – very pretty in the flesh, with new hair extensions that soften her foxy but fierce features. David is beyond gorgeous – all LA tan and cheekbones. But here's the thing – he's so friendly, smiley and open that you never feel overawed by his hotness. Together, there's no doubting they are each other's biggest fans. And between the arm-stroking, affectionate teasing and many glasses of fizz, the beauty confessions start to flow…

AT HOME WITH THE BECKHAMS

David and Victoria Beckham on getting drunk every Wednesday, wedding-day nerves and working together

What's the inspiration for your new his and hers fragrances – Intimately Yours?

Victoria: "Our other fragrances are more individual but these are a collaboration between me and David. The bottles and scents complement each other."

David: "They're a celebration of our relationship."

What are they like?

V: "Mine is full of my favourite smells, like freesia, white lily and frangipani. I'm crazy for white flowers as they work so well for day and night. I wanted it to smell youthful and fresh."

D: "I've got all the notes I love – basil I'm obsessed with, plus lavender and mandarin. It makes a really classic fragrance."

Your new TV advert is *so* sexy! Was it embarrassing to shoot?

V: "Not at all! That's just a fun day out without the kids."

D: "It was great to have a day working together instead of our separate jobs."

You seemed to love playing a part. Can you see a spot of acting in your future?

D: "I can't act! We've got a lot of actor friends and I respect what they do, but it's not my talent."

V: "No, just look at *Spice World*."

(David strokes Vic's arm adoringly and *Cosmo* melts with jealousy.) So… how do you keep things sizzling after 11 years of marriage?

V: "We go and get drunk and have a date every Wednesday!"

D: "Sometimes we treat each other to an afternoon at the ›

Inside Vic's bathroom cabinet

MAKEUP: "I love Chanel, Stila and Armani. I'm obsessed with the new Burberry Lip Glow Nos. 9 and 10. I Tweeted about it – everyone has to get one!"

HAIR: "Ken Paves is a great hairdresser and a friend of ours. He has amazing products."

SKINCARE: "I've found an amazing dermatologist in LA, Dr Lancer. David and I love his products."

BODYCARE: "I keep it simple. Nivea is the best-ever body lotion. I also love Lancaster."

FAKE TAN: "I don't wear fake tan anymore. Sometimes I've been turned orange but that's definitely a look from my past. Being overly tanned is very ageing and, dare I say it, a bit footballer's wife. I'm a little tanned from being here but I don't use self-tan. Embrace your natural colour!"





Say goodbye to acne

Lumie Clear dramatically improves acne to help you look and feel your best.

Developed together with leading dermatologists, Lumie Clear is an innovative new home treatment that uses a combination of blue and red light therapy to improve acne, reducing redness and leaving your skin smoother.

It's safe, natural and effective. In an independent study, testers saw a reduction in redness after just four weeks and a 76% improvement in their acne after twelve weeks of blue/red light therapy.*

Visit our website to read real-life success stories and to order Lumie Clear with our money back guarantee.**

Available at larger Boots stores and www.lumie.com.





The blue light attacks the Propionibacterium acnes *bacteria that cause acne; the red light simultaneously soothes and heals the skin.*

** Independent study of 107 acne sufferers conducted by Dr Chu, Unit of Dermatology, Hammersmith Hospital.*
*** Terms and Conditions apply.*

lumie®

Beverly Hills Hotel and we'll both have a massage and spend the day in our robes."

Can you tell us a celebrity who smells amazing?

V: "You shouldn't notice someone's scent before you see them. That reminds me of the '80s when everyone wore Poison and Giorgio Beverly Hills."

Do you fragrance your home in any way?

V: "We adore candles and burn them every day. We have loads of different ones – Diptyque, Jo Malone, Kelly Hoppen…"

What scent did you wear on your wedding day?

V: "Oh, god, I can't remember! I love essential oils so it was probably something natural."

D: "I was sweating so much with nerves, I think I went with my natural odour."

Your sons are so well turned out. Are they picking up good habits from Mum and Dad?

D: "They're all looking great. Cruz loves spiking his hair up. We tried to give him a shaved head and he said, 'No, I want a Mohawk for Halloween.' Romeo is into his clothes – he loves a shirt and tie. Brooklyn's the one who's not really bothered by it."

How do you cope with paparazzi following your every move?

D: "It doesn't bother me. I go to training every day in my tracksuit – if anyone finds that interesting! I don't change my look for photographers."

V: "When I'm travelling, I go to the airport dressed in a way so I can go to work when I land. Otherwise I'm in jeans, T-shirts and flip-flops."

Have you ever changed your look after seeing a bad photo?

V: "Being in the public eye for so long, you care less about it. I don't care if someone says, 'Here's Victoria in flat shoes.' I always look like a miserable bitch in photos and that's fine!"

Do you have a beauty mantra you live by?

V: "My motto is to embrace what you have naturally."

Are you going to make any New Year beauty resolutions?

V: "I'd like to sleep more, drink more water and less champagne. But you have to keep it real."

DVB on the web

Victoria, you've just joined Twitter. How's that going?

"It's fun. I wanted to show people things they wouldn't normally see. It's about my fashion really, not David or the kids. Although I'll put up the odd photo of our dog."

What's your 'In love and light' sign-off all about?

"It was to do with living in LA and being spiritual. I use different phrases I like. I think people enjoy the silliness."

Are you going to keep it up?

"I don't know. I love sharing my favourite beauty finds; I'm not one to keep beauty secrets."

Tempted to join, David?

"Not really. I've got about 3.9 million friends on Facebook."

• *Intimately Yours For Him and For Her by David and Victoria Beckham are available nationwide.* ◆

David's grooming rules

"Before I met Victoria, I'd use body lotion on my face! Now I steal her face cream. I've always wanted to look and smell nice but I don't use a lot – body cream, moisturiser and aftershave. My cupboard isn't full of lotions, but fragrance is important to me. I remember always trying on my grandad's aftershaves."

BEST NEW FIND: "The other day I bought something bloody expensive and didn't realise until I gave my credit card. It was a La Prairie anti-ageing cream. I loved the texture and smell so it was worth it, but I use as little as possible every day to make it last."

La Prairie White Caviar Illuminating Cream, £260

Intimately Yours Beckham For Him and For Her 50ml, £29 each

BY KATE TURNER. STILL LIFES STUDIO 33. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*



COME AND *SWISSSH* AT CLOTHES SHOW LIVE...

Join *Cosmopolitan* at Clothes Show Live at NEC Birmingham from 3-8 December – where we'll be helping break the world record for the nation's biggest 'hair swish'! There will be Pantene Pro-V Aqua Light products to give away, hair blow-drys, mini makeovers, plus a fabulous glitter photo booth for you to capture your own glamorous hair swish. For more information and to join in the *swisssh* revolution, visit **www.make-a-swisssh.com** where you can enter to win monthly prizes, or even bag yourself the trip of a lifetime, worth **£20,000!**

MY party HAIR SECRETS

Want insider secrets to the perfect party hair prep? Cat Deeley shares her top getting-ready tricks...

Living in LA certainly seems to suit Cat Deeley. Our favourite Brit-abroad has never looked better! We've been positively drooling over her am*az*ing vintage wardrobe and gorgeously glossy mane as she's been snapped at endless Hollywood parties and premieres. But with her diary now crammed to bursting point, how on earth does she manage to look so effortlessly sexy, night after night? We asked Cat to let us in on her secret hair-prepping tips…



Q&A

WHAT'S YOUR BEAUTY MANTRA?
"Less is more. If I don't have to wear makeup, I won't. If I don't have to have my hair done, I leave it. But I do have to have healthy-looking hair, so it's always properly shampooed and conditioned with Pantene Pro-V every time I wash it."

AND WHAT'S THE KEY TO HEALTHY HAIR? "I get it cut regularly and use products that are right for my hair. That's why I love the Pantene Aqua Light range so much – it keeps my hair in great condition but doesn't weigh it down."

DOES HAIR AFFECT YOUR PARTY MOOD? "I know that if I feel good about my hair, I feel confident and comfortable in general. It gives you a twinkle in your eye that makes you feel more attractive, and attracts others too."

HOW DO YOU GET THAT PERFECT WAVE TO YOUR HAIR? "I absolutely love the Pantene Aqua Light Leave-In Treatment Spray – it means I don't really have to style my hair. My hair has a natural wave, so even if it's a day old I can spray this in and it's transformed into gorgeously-scented beachy waves."

ANY MAKEUP TRICKS YOU'VE LEARNT? "I have my eyebrows shaped and lashes tinted, and I always curl my eyelashes. I love a bit of sheen on my cheeks, curled lashes, Max Factor False Lash Effect Mascara and a touch of lip gloss."

HOW DO YOU GET YOUR SKIN TO LOOK SO DEWY? "I keep SK-II face masks in the fridge. They are excellent, especially if you've been on a plane and your skin is puffy. I also love Rodin Face Oil with Jasmine, which gives my skin a real glow."

HOW DO YOU SURVIVE A HECTIC WEEK? "I make sure I keep up with my regular maintenance treatments so when I'm going out I can be ready in minutes. Of course the LA sun helps too!"

AND HOW DO YOU HANDLE THE MORNING AFTER? "Ponytails, hats and sunglasses!"



MAKE WAVES LIKE CAT...

1 Prepare your hair using Pantene Pro-V Aqua Light Shampoo and Conditioner – for lightweight-feeling locks.
2 Spritz in some Aqua Light Leave-In Treatment Spray before combing through hair.
3 Once blow-dried, take hair in sections and curl with large round-barrelled tongs, separating the curls with your fingers afterwards to create loose waves.
4 Complete with super-shiny lips and lashings of mascara for a glamorous yet natural look.



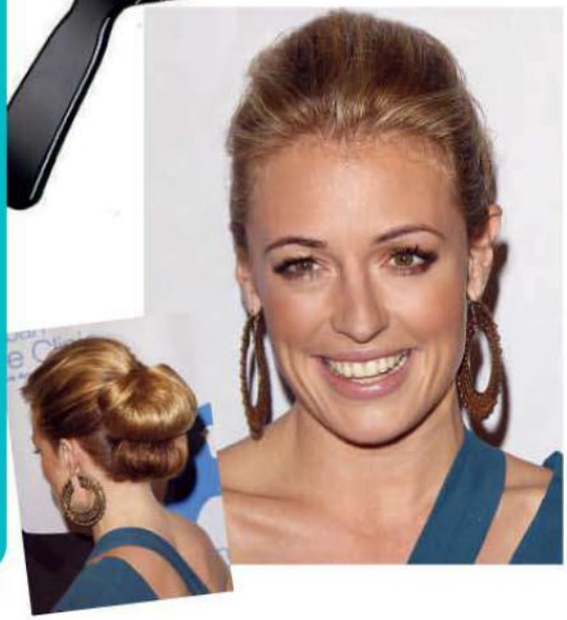


FOR A MORE INTENSIVE CONDITIONING FIX, USE PANTENE PRO-V AQUA LIGHT RINSE OFF TREATMENT









GET HER CHIC UP-DO...

1 Spritz freshly washed and blow-dried hair with Aqua Light Leave-In Treatment Spray.
2 Comb product through, and then tease hair, back-combing at the roots to add volume and lift.
3 Sweep your hair back into a ponytail, keeping it tight at the sides, but leaving height on the top. Twist your ponytail into a bun at the back, and pin with kirby grips to secure at the nape of the neck.
4 Finish this sultry style with soft, smoky eyes and peachy-pink cheeks for a smouldering look that still has a beautiful glow.



Prepare to dazzle

Look no further for your secret weapon to help you wow with a healthy, megawatt smile

Party season is here, so we want to be armed with our favourite secret weapons for feeling fabulous. That means kick-ass eyelashes, a show-stopping outfit and, of course, a dazzling smile.

So kudos to the top expert in oral health, Oral-B, for designing the perfect gadget to make sure we feel confident in our smiles this party season. In a recent survey, 89%* of people said they're likely to ask for practical presents rather than luxuries this Christmas, and the Oral-B® PC Triumph 5000™ with SmartGuide power brush is top of our Christmas list this year. Incorporating the top tooth-brushing technology, it's the cleverest of its kind and is built to last.

Looking after your teeth by getting into a healthy brushing routine could save you hundreds of pounds in pricey dental care over the years. And nailing that routine is easy with this brush. It comes with a wireless display unit that gives you feedback as you brush, telling you exactly where to brush and how long for – totally worth clearing a space on the bathroom shelf for.

86%*
of people in a recent survey said they would rather receive a present that was practical and something they needed.

Studies show, that on average, people spend only 42 seconds brushing their teeth but, with this secret weapon, you'll be sure to go for the recommended full two minutes. Power brushes like the Oral-B PC Triumph 5000 with SmartGuide remove twice as much plaque as manual brushes. Getting rid of plaque and tartar build-up on teeth is essential to fend off decay, gum disease and other tooth troubles that could lead to costly dentist visits over the years. Like a classic designer handbag, this is one style solution definitely worth investing in.



Top teeth tips

Getting into healthy habits is easy if you follow our advice from Dr James Russell, TV dentist from the London Smile Clinic and Oral-B ambassador



- **Avoid fizzy drinks.** Especially in between meals as this will mean your teeth are constantly bathed in sugar. 'Sugar-free' fizzy drinks are no better – the danger is in the acid these drinks contain, which dissolves the enamel of your teeth.
- **Get flossing.** It might not be the sexiest look but a quick daily floss will prevent plaque build-up between teeth.
- **Brush twice a day for two minutes.** Sounds obvious, but most people don't do it. Use a power brush with a timer, such as the Oral-B PC Triumph 5000 with SmartGuide, as two minutes is longer than you think.

Expert advice

Dental care won't dent your bank balance with these tips from financial expert, Jasmine Birtles



- **Maximise your benefits.** NHS dental treatment is free if you're on a low income, pregnant, or have had a child in the past 12 months. It doesn't cover everything but ask your dentist to find out what you're entitled to.
- **Visit a student dentist.** Just as you can get cheaper chops from a trainee hairdresser, you can get cut-price check-ups with a student dentist too. Visit one of the several dental hospitals in the UK, where you'll be given supervised dental treatment.
- **Brush well now.** Visiting a dental hygienist can cost between £30 and £90 a session. Adopting good brushing habits by using a power brush such as the Oral-B PC Triumph 5000 with SmartGuide will help keep your teeth trouble-free, saving you money on pricey treatments.

Visit www.amazon.co.uk/oralb to buy your Oral-B PC Triumph 5000 with SmartGuide at the half-price offer of £80 (RRP £160).

Oral-B

BRITISH DENTAL HEALTH FOUNDATION APPROVED

*SURVEY CARRIED OUT BY ONEPOLL ON 3,000 MEN AND WOMEN IN THE UK, SEPTEMBER 2010

YOU YOU YOU

Your life – sexy, simple and sorted



3 instant sexifiers

1

When your skin is stimulated, the brain releases dopamine, giving you a happiness hit. So wear soft jersey or silk to feel fantastic.

2

Your voice can be the key to how sensual you seem. If it's fairly high-pitched, go slower and lower to sound sexier in a second.

3

Believe you're sexy and you'll *be* sexy. So get out there and strut your stuff like Scherzinger!

"Pucker up pretty boy"

BY ROSIE MULLENDER. HAIR AND MAKEUP VICTORIA BARNES. USING YSL

Cosmo's Cash & careers clinic

Show you've got style and *substance*

When the job hunt gets jealous

It's hard enough to leave behind uni life for the great job search. But things are tougher than ever for graduates as they compete with up to 70 applicants for every job. Often the only comfort is having friends at the end of the phone to have a moan with. But what if you're the last of your friends to land a job?

It's a situation that Charlotte Lee, 24, from Herefordshire, can relate to. After completing a degree in Modern Languages from the University of Sheffield, she's struggled to get a job in her field for over a year. As well as doing work experience, she's also volunteered, teaching English abroad to improve her language skills.

"I've done so many things to enhance my CV and have had no luck in landing a job," Charlotte says. "I knew it wouldn't be easy, but I wasn't prepared for how emotionally draining it would be. At first my friends were all in the same boat, but one by one they started getting teaching or translating jobs. I was happy that they were doing well, but you can't help thinking, 'What's wrong with me?'"



"I can't *believe* you landed that job in McDonald's"

Don't give up – there's a job for you

John Lees, careers expert and author of *Job Interviews: Top Answers To Tough Questions* has the following advice if, like Charlotte, you're suffering a bout of green-eyed graduate envy...

1 Be creative with your applications. Don't wait for a job to be advertised – approach companies directly that are of interest to you.

2 It's important to do face-to-face networking. Use any contacts you have to reach people working in your industry. Whether it's through alumni associations from your uni or connections through family and friends, it's really important to meet people in person.

3 Once an employer can see you've got a degree, they can see your level of education and don't need to know much else. Try to emphasise your other skills on your CV – anything that will set you aside from every other graduate.

4 Stay optimistic – there *are* jobs out there; it's just a case of finding the right one. And make sure you keep the faith – in yourself!" ›



"Do we *look* as if we were born yesterday?"

Karren Brady's BOARDROOM SECRETS



PART 10 HOW TO DEAL WITH THE OFFICE CHRISTMAS PARTY

1 Offering to help organise the office party will impress your boss. It shows that you're eager and good at organisation. I like people who show initiative.

2 Don't get really drunk. Remember, you're not out with friends. If you want to let your hair down, go out afterwards with some close colleagues – just remember to behave yourself at the actual party.

3 Use the opportunity to network. You may not usually get the chance to speak to the big bosses and this is a great time to approach them in a relaxed and informal environment.

4 Look out for your colleagues. If you see someone getting very drunk, take them aside if necessary. They don't want their boss to see them hammered – and the boss could no doubt do without it too.

Ask the expert...

Q "I've got a part-time job so I'm not earning a fortune. I seem to be losing a fair amount of my wages to tax. How do I know I'm being taxed the right amount?"
Ginny, Oxfordshire

A Madonna Grant from HM Revenue & Customs says, "All UK residents are entitled to receive a wage of £6,475 tax-free every tax year (from April to April). After that amount you'll be taxed 20% on earnings up to £37,400, 40% up to £150,000 and 50% on any earnings over that. In addition to this, if you earn over £110 a week you'll be paying National Insurance contributions. This is 11% of your weekly wages between £110 and £844. On wages over this you pay an extra 1%. For more info, visit www.hmrc.gov.uk/individuals/index.shtml."

AVOID THE CHRISTMAS SCAM TRAP

The festive season is a prime time for scammers. We spoke to the people behind www.scambusters.org for their tips on what to watch out for and how to protect yourself...



PHISHING

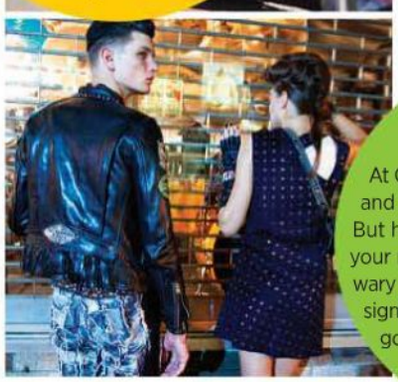
This is when fraudsters get you to enter your financial details on what looks like a reputable website, but is actually a scam one. Be careful giving your card details online – check you're on the correct site by typing in the URL address yourself, and never give card details if you don't see the secure padlock sign on the payment page.

GIFT CARDS

Some fraudsters note down the voucher codes on gift cards and use them before you can. To protect yourself, buy gift cards online or in retailers that keep their cards behind the cash desk.

E-CARD VIRUS

More people are ditching snail mail and sending e-cards. As nice as dancing elves are, some sneaks are using them to send viruses. Never open mail from names you don't recognise, and don't download an e-card if you have any doubt over its authenticity. Most importantly, install (and update) anti-virus and anti-spy software.





CHARITY SCAMS

At Christmas, you'll feel generous and might give money to charity. But have you thought about where your money's going? You should be wary of charities that pressure you to sign up. Ask where the money will go, don't give cash and never give credit-card details over email. ›

Think you want my job?



DJ Yasmin, 21, is hot new property on the clubbing scene and has supported N*E*R*D, Eve and Will.I.Am. She also hosts a radio show and writes songs.

THE GOOD "My job is so fun – it's hard to believe I'm paid for it. I love the travelling and have been to some amazing places, like Texas and South Africa. You also meet so many different people – musicians and artists. It's great!"

THE BAD "The late nights and lack of sleep are hard – you can never just have a night in if you want one! Although I'm self-sufficient, it can be hard being alone, especially when I'm travelling."



STILL INTERESTED?

- **Know your music.** "Use Spotify, YouTube and iTunes to increase your knowledge of what's out there."
- **Be confident.** "I'd approach people and ask if I could be their DJ. I got a lot of my work that way."
- **Work hard.** "There'll always be people who want to take your place – you just have to hustle and put yourself out there. It's all about drive!"



51% of women don't set a budget for Christmas shopping. It's not just us who get carried away in House Of Fraser then?

A PEEK IN THE PURSE OF...

Hollie-Jay Bowes

(from *Hollyoaks*)

"My purse is from Accessorize and it looks like I made it myself! It's patchwork and has flowers and ribbons on it. Before this one I had a purse from Claire's which lasted four years. I was sad to see it go! My purse is really messy, it's full of cards and receipts and has change spilling over everywhere. I usually pay by card but I like to carry a tenner just in case. I'm a bit of a shopaholic, but I'm a high-street girl. I love Topshop and River Island. Saying that, I've got an Alexander McQueen obsession – I love his stuff and have about 17 scarves and two rings!"

• ***Hollyoaks Girl Talk*** **is out now (£14.99, Channel 4 Books).** ◆



BY ANNABELLE LEE. PHOTOGRAPHS: SCOPE BEAUTY, CAMERA PRESS, FOLIO-ID.COM, GETTY. DJ YASMIN FEATURES ON DEVLIN'S SINGLE *RUNAWAY*, OUT NOW. *JOB INTERVIEWS: TOP ANSWERS TO TOUGH QUESTIONS* BY JOHN LEES (£9.99, MCGRAW HILL)

BEST FOOT FORWARD

Strut around your office in style in our pick of gorgeous court shoes





The difference...

...is clear.



Invisalign® aligners are nearly invisible and removable. They won't impact your looks or your life during treatment, which is why over 1 million people have chosen to improve their smile with Invisalign.

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The clear alternative to braces.



For more information, or your nearest Invisalign practitioner, visit **www.invisalign.co.uk** or call **0845 644 5471.**

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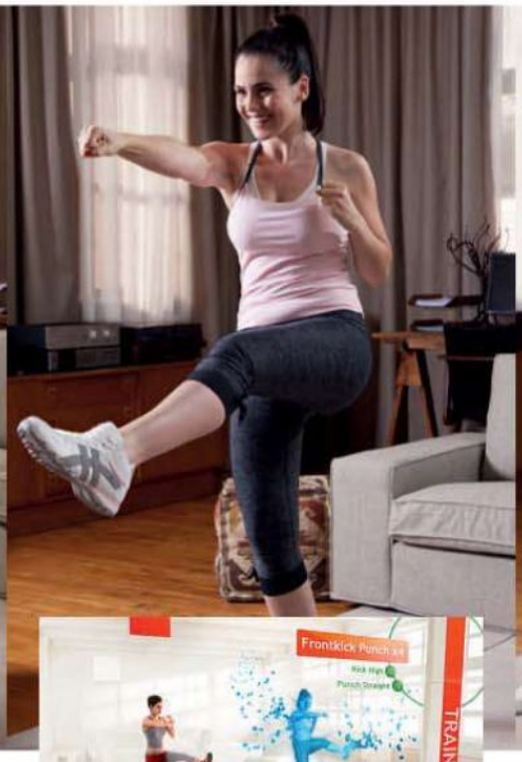
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Work out, celeb style

Have a kick-ass fitness session without leaving your living room



Boxing



Fitness



Zen class

Sometimes the idea of pounding the treadmill at the gym fills us all with dread. But a feel-good workout with a celeb personal trainer in your very own home? Yes please! The Your Shape: Fitness Evolved game for the Kinect on the Xbox 360 gives you exactly that. The Kinect sensor automatically recognises your movements, so there's no need for complicated computer game controllers. It gives you a personalised regime according to your shape, and you can even track your progress as you go along. And to ensure you get the ultimate VIP treatment, the exercises are devised by personal trainers, including Michael George, who works with Reese Witherspoon and P Diddy.

GET STARTED

1 Set up your game, get your workout gear on and stand in front of the TV.
2 The Kinect camera will scan your body shape to tailor your fitness routine accordingly.
3 Your body will now be in the game. Select which workout you want to do and the game will give you feedback as you exercise.

FITNESS Follow a personalised plan of exercises and stretches on screen to get you in shape. The game will give you feedback as you go so you get the most from your workout. It tells you how many calories you're burning too.

BOXING Punching into the air is always a good way to release stress. Keep your cool (and don't look like a crazy lady!) by doing the Your Shape cardio-boxing class. It's a fun way to build up your exercise confidence.

ZEN CLASS Just what every girl needs after a workout, or even after a nightmare day at work, Your Shape allows you to wind down in Zen Class – a yoga-style regime to cool down and relax, with chilled music.

YOUR SHAPE
FITNESS EVOLVED

THE GIFT OF FITNESS

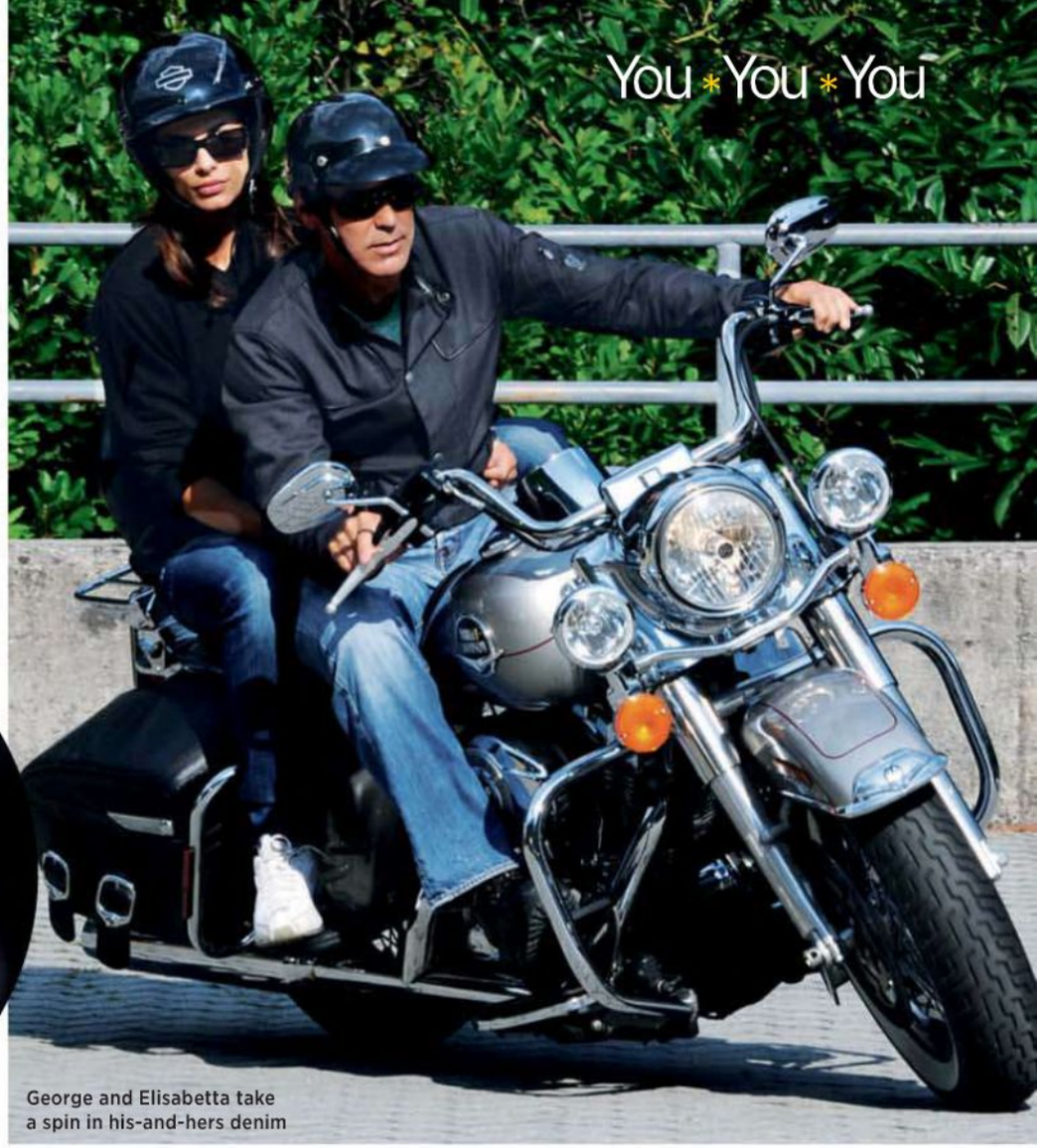
Your Shape has sections designed for men too, so you can share the game with your boyfriend – or just buy it for him for Christmas then nab it for yourself! With a mix of fun challenges and serious fitness regimes, it's the perfect gift for anyone to get in shape with less hassle than ever before.

RRP £39.99 for Your Shape: Fitness Evolved (PEGI rating 3). Kinect sensor sold separately. Find out more on www.yourshapecenter.com.



The secret of being happy





George and Elisabetta take a spin in his-and-hers denim

He's super-sexy, has a beautiful house and a gorgeous girlfriend. No wonder **George Clooney** *is smiling*

Happiness is...

MY GIRLFRIEND

"If life's a journey, then right now I have a very nice co-pilot [Italian girlfriend Elisabetta Canalis]. I'm not going to project into the future and say I've found a co-pilot for life because I don't want to jinx things. But I will say that, at the moment, I'm having a very nice time being a frequent flyer on Alitalia."

TAKING RISKS

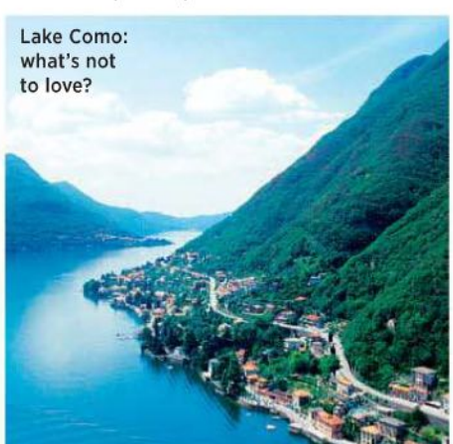
"The best advice I got from my aunt, the great singer Rosemary Clooney, and from my dad, who was a game-show host and news anchor, was: 'Don't wake up at 70 years old sighing over what you should have tried. Just do it, be willing to fail, and at least you gave it a shot.' That has echoed for me all through the last few years."

MY HOUSE IN ITALY

"What changed my life in a very pleasant and unexpected way was buying the villa in Laglio [on Lake Como]. That was a pure investment decision. I thought I'd maybe spend a few weeks vacationing there, but then I realised how beautiful life was in Italy and how it really helped calm me and not feel so pressured. I could also work productively and bring my friends over to keep me company."

MY FRIENDS

"I enjoy having people I love around – that's my lifestyle. It would be terrible if such a big house remained empty. It's my friends who make the villa a home sweet home. If I need to surround myself with children, I can always call Brad and Angie and ask them to stay with me – just to remind me why I'm so happy without. I don't have enough space for all their children."



Lake Como: what's not to love?

SIMPLICITY

"My philosophy is simple: I do what I like, whenever I like to. I'm aware it's a privilege. I'm not greedy. I'm not eager for celebrity either, as it doesn't enrich a man's life. Basically, I'm a simple man. I am very happy indeed."

Unhappiness is...

BEING MADE TO LOOK LIKE A FOOL

"The worst thing about it [fame] is when guys stake out airports with video cameras and try not just to catch me doing something stupid, but to *make* me do something stupid. Like, they push my assistant or insult her, hoping I'll react. If I'm stupid off my own bat, I'll take the rap, but that other stuff's just rotten."

COMPILED BY TRISH LESSLIE. PHOTOGRAPHS ALAMY, GETTY, SPLASH NEWS

Knickers supplied from figleaves.com

New Simply Fits.
One daily liner that fits all your knicker styles.



Buy a pack from the Always range and get
20% off at figleaves.com

Alldays always Daily pantyliners

Offer available when purchasing Always Simply Fits daily pantyliners, Always folded & wrapped pantyliners, Always Ultra with Silk and Tampax Compak and Pearl. Offer available on all products including lingerie, swimwear, shapewear and loungewear. Terms & conditions apply. Please visit www.figleaves.com/tcs for further details. Offer expires 31st December 2010.

always.eu

Fight flu – the expert way

We asked our panel for their tips to help you stay flu-free…

The pharmacist Nitin Makadia from Lloyds Pharmacy says, "Wash your hands. Last year when everyone was more hygiene-conscious due to swine flu, the infection rate fell. Also, get a flu jab. It's £10 from pharmacies if you're not eligible on the NHS, and this year it contains swine-flu protection."

The holistic healer Sebastian Pole from Pukka Herbs says, "Take elderberry syrup at the first sign of symptoms – it helps stop the virus from replicating. If a cold takes hold, try a formula called trikatu, made from ginger and pepper. Added to warm water, it stops a runny nose in its tracks." Find both at www.pukkaherbs.com.

The homeopath "Gelsenium's great," says Ranjni Janda from Nelsons Pharmacy. "It's good for a runny nose and heavy head, and eases fever and weakness."

The nutritionist Emma Wells from LifeSmart Gym (www.smartnutrition.co.uk) suggests eating foods that energise your immune system. "Cut down on sugar – it reduces white blood cell activity by 30%. Eat kidney beans and dark leafy greens instead – these contain folic acid, which increases white blood cell production. And finally, add crushed (not chopped) garlic to meals. It contains an ingredient called ajoene that fights viruses."

Body news

Be you – but just that little bit better

Fast fact
When ovulating (about 14 days after your last period), women buy sexier clothes than at other times.



OUCH! Don't feel the burn

According to a survey, 51% of women in their mid-twenties burn themselves with hair straighteners at least once a month. If it happens to you, GP Dr Sarah Brewer says, "Run the area under cold water for at least 10 minutes or, if that's not possible, use a cooling product like Acriflex Cooling Burns Gel, £3.99. If the burn is bigger than a postage stamp or has penetrated beyond the first layer of skin, seek medical advice."

● **For more health information, visit www.netdoctor.co.uk**

Cosmo tests

If you find yourself the designated driver over the festive period, you don't have to stick to lemonade… a variety of super-low and no-alcohol alternatives to beer, wine and even spirits have been launched. We gave them a sip…



● **Sainsbury's Low Alcohol English Cider, 99p for 500ml**
"Tastes better than the real thing as it's not too sweet." 1% alcohol; one 500ml bottle is 0.5 units.

● **Eisberg Rosé Wine, £3.49, major supermarkets**
"You wouldn't know this rosé was low alcohol unless you were told. It's a bit moreish." 0.05% alcohol.

● **Monin Juniper Syrup Gin, £6.99, www.thedrinkshop.com**
"This gin substitute smells like bath oil and it's not quite as tart as real gin, but it's not bad with a fair whack of tonic." Zero alcohol.

● **Cobra Zero Beer, £1.80 for 4 x 330ml, major supermarkets**
"This actually tastes more beery than the alcoholic version – very hoppy, which may or may not be a good thing." Zero alcohol.

BY HELEN FOSTER. PHOTOGRAPHS ISTOCK, GETTY

Click into Cosmo

Celebs, advice and hot buys – make every day a Cosmo day

PARTY MONTH



GET READY FOR THE FESTIVE SEASON WITH THE SEXIEST COCKTAIL DRESSES AND CELEBRITY-INSPIRED PARTY LOOKS – PLUS HOT HEELS TO GET YOU NOTICED.

WE CHOOSE OUR MUST-HAVE PARTY MAKEUP



PAT McNULTY, Acting Web Editor "A pretty palette is my clutch bag must-have and this one's a dazzler!" Bobbi Brown Sparkle Glamour Eye Quad, £30





REBECCA TWOMEY, Web Editorial Assistant "Party season calls for statement lashes, and these bat the competition away." Kimberley Girls Aloud Party Lashes created by Eylure, £5.95



BRIDGET MARCH, Assistant Web Editor "I'm going bold with red-hot lips and nails." Revlon Fire And Ice Lipstick, £7.29; Revlon All Fired Up Nail Enamel, £6.29, exclusive to Boots

Looking for love? **Log on to *Cosmo* dating and you might find The One...**
www.cosmopolitan.co.uk/cosmo-dating/special

WE ASKED: DAVID BECKHAM ADMITS TO PLUCKING HIS EYEBROWS. WHEN DOES MALE GROOMING BECOME A TURN-OFF?

- **13.2%** I LIKE MEN NATURAL – AND HAIRY
- **64.8%** HAIR PRODUCTS ARE OK, BUT THAT'S IT
- **22%** MEN SHOULD GROOM AS MUCH AS US



How to flirt with your face

Bat your lashes! It's widely known that our pupils dilate when we're looking at someone we find attractive. But did you know that we apparently blink more too? Up your blink rate and see if he does the same. If he does, you're on to a winner. But don't go overboard or he may just think you've got something stuck in your eye!
www.cosmopolitan.co.uk/love-sex/channel

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I’m the proof.”
My skin is so soft and
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Cocoa Butter Formula,
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Claire - Clearblue Expert



Clearblue Digital Pregnancy Test with Conception Indicator is the only test that gives you double confirmation. It not only tells you if you're pregnant, but also how far along you are.

*The word 'weeks' is for illustration purpose only.

Confidence when you need it most.

Drop a dress size IN JUST TWO HOURS

Need a miracle to get into that party dress tonight? *Cosmo* readers endured mud, sweat and tears to test out the latest treatments that promise almost-instant inch loss...



The treatment

"First I had to stand as electro-stimulation pads were put on my waist, stomach and thighs. Then I was wrapped from neck to foot in grey clay-soaked bandages (which smelt like stale dishcloths), before being hooked up to a machine that delivers a mild electric current – designed to stimulate muscles to contract and tone. This felt fairly pleasant, like someone tapping their fingers over my lower half. The mineral-rich bandages apparently help cleanse and detoxify. Afterwards, I was wrapped in a thermal sleeping bag and left alone to 'bake' for 45 minutes."

The result

"After whipping the bandages off, the therapist told me I mustn't shower and shouldn't use soap for *three* days as I could lose up to 4ins more as the clay kept working. But as soon as I got back to the *Cosmo* studio, I flannelled most of it off because I looked and smelt like a corpse! The therapist measured me and said I'd lost 12ins overall, but when I measured myself again half an hour later, I found I'd only lost 4ins from my problem areas (tummy, bum, hips). Still, I was amazed to find that I could fit comfortably into a size-12 party dress. After 48 hours, my waist and hips had stayed the same, but my bum had dropped half an inch. But 72 hours later, everything was back to square one.

Did it live up to the claims? "Kind of – I wanted to lose six inches from my tum, bum and hips. It all felt functional rather than indulgent. Expecting you to soap-dodge for three days is plain gross – you might lose a few more pounds but you'd also lose a few friends!"

Can you drop a dress size in two hours? "Yes, but you'll still have a layer of clay on you – not a good party look." ›

1 UNIVERSAL CONTOUR WRAP CLASSIC ELITE

The tester: Lauren Horncastle, 20, a fashion merchandiser from Suffolk
"No matter how much running, spinning or dieting I do, I can't get the weight off my thighs – and it's there where dresses are tight. Instead, I hide in boring dark, shapeless numbers."
The claim: You'll lose a minimum of 6ins on your first treatment or you pay nothing. If they don't stay off for 30 days, you get another wrap free of charge.
The cost: £90 (60 mins)
Before: Waist 32ins; hips 39ins; bottom 42ins.
Immediately after: Waist 30ins; hips 38ins; bottom 41ins.
Dress size before: A 14 is comfortable; a 12 is super-tight over the thighs.
Dress size after: A breathable 12.
Weight before: 11st 6lbs (5ft 5ins tall).
Weight after: 11st 6lbs
www.universalcontourwrap.com





Feeling like a not-so-yummy mummy... Right: Lauren is fitted with electro pads



Ready for a nap before final measuring up



2 MARKS & SPENCER ULTIMATE MAGIC SECRET SUPPORT FIRM CONTROL WAIST AND THIGH CINCHER

The tester: Anna Denholm, 22, a law student from London

"I love body-con dresses, but I'm really conscious that my muffin top is all-too visible in this unforgiving style. Despite doing sport for two hours a week, the tops of my thighs and my tummy are more wobbly and uneven than I'd like."

The claim: According to the packaging, you'll "*lose inches in an instant*". In an independent trial, 80% of testers reported an immediate reduction in their measurements.

The cost: £35

Before: Waist 30ins; hips 36ins; bottom 40.5ins.

Immediately after Waist 28ins; hips 35ins; bottom 40.5ins.

Dress size before: A tight 10 around the waist, but a 12 everywhere else.

Dress size after: 10 – hurrah!

Weight before: 11st 4lbs (5ft 10ins tall).

Weight after: 11st 4lbs







The treatment

"The pants stretched from just below my boobs to mid-thigh, and required a series of undignified squats to get into. The material felt super-rigid to touch, but was surprisingly easy to move about in."

The result

"Wow, these pants do the business. My muffin top was squeezed into submission beneath the thick fabric panels and my silhouette became lump-free. My thighs no longer met at the top and my bottom felt loads perkier. When I've worn similar 'magic' underwear in the past, I've noticed a "thigh muffin top" effect – where the fat bulges out at the bottom of the pants – but the M&S ones didn't do that. Best of all, the size-10 body-con dress that had been such a tight squeeze pre-pants, slipped on like a dream. The magic knickers even improved my posture, forcing me to stand up straight. The only downside is that pulling them up and down when using the loo is a bit of a struggle – potentially dangerous if you're desperate!"

Did it live up to the claims?

"Absolutely. My lumps and bumps were instantly smoothed."

Can you drop a dress size in two hours?

"Yes, you can – in fact, make that two seconds. Okay, these tummy-warming granny pants may look less than sexy, but when they shrink your waist and slim your thighs so effectively, who cares?"



Pants on trial

Here are some more body-shaping briefs tested by Anna:

- **Aldi Body Shaping Briefs, £3.49 (on sale from 25 November).**

"These pants are made from very thin material and made virtually no difference."

- **Spanx Slim Cognito Shaping Mid-Thigh Bodysuit, £67 (www.figleaves.com).**

"It's waist-cinching and thigh-shaping, but the bodysuit is so long it came down to my knees – and I'm tall! You couldn't wear it with a short dress."

- **Flexees Instant Slimmer Hi-Waist Thigh Slimmer, £24, House Of Fraser.**

"These didn't pull me in enough round the tummy and hips. They also have elastic at the base of each leg, which produces a strange bulging effect. ›


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*<4 kcal/100ml is considered calorie free
Powerade Zero is a trademark of The Coca-Cola Company

3 BIODROGA RED CARPET INCH-LOSS WRAP

The tester: Emma Lerwill, 29, a project adviser from Derbyshire
"Before having my one-year-old son, Reuben, I was a small size 12, but I'm now at the top end of that size. Working full-time and being a mum means I'm too busy or knackered to hit the gym."
The claim: "Remove those unwanted inches instantly," says the website of The Mayfair hotel's spa where this treatment is performed. It says your figure will look slimmer and feel firmer.
The cost: £135 (90 mins)
Before: Waist 30ins; hips 38ins; bottom 40ins
Immediately after: Waist 29ins; hips 36.5ins; bottom 40ins
Dress size before: A very tight 12.
Dress size after: A comfortable 12; 10 at a push.
Weight before: 10st (5ft 7ins tall).
Weight after: 9st 13lbs
www.themayfairhotel.com


BEFORE


A head massage aids relaxation


It's a wrap: Emma gets bandaged up


Skin-softening moisturiser is rubbed in

The treatment

"Wearing just a pair of paper knickers, I was smothered in brown algae solution that smelt like pond weed. I was told it contained seaweed meal and liquorice to stimulate the metabolism. The therapist paid particular attention to my muffin top and thighs, massaging the areas vigorously. Next I was bandaged up in mineral-soaked flannels. It felt rather tight, but apparently it helps purify and detoxify your skin through osmosis, while the salts in the bandages drain excess fluid. After a head and foot massage to relax me while the treatment worked its magic, I fell asleep feeling warm and cosy, and woke an hour later. I then had a shower, before heavenly citrus moisturiser was massaged all over my body to soften the skin further."

The result

"After the treatment I felt beautifully pampered. I was told to drink plenty of water over the next 24 hours to get rid of more toxins. Measuring myself half an hour later, I was a bit disappointed to see I'd lost only a couple of inches from my tummy and hips, but the size-12 dress did fit much more smoothly. My skin felt softer too. You're advised to have this treatment at least 24 hours before a big event as it keeps on working after you leave the salon. But when I measured myself 24 hours later, the inches had crept back on my hips – and after 48 hours I was back to my original measurements."
Did it live up to the claims? "Yes, although the cost is a bit steep."
Can you drop a dress size in two hours? "Not a whole size. The 12 was more comfortable, but I couldn't really squeeze into a 10. You're advised to stay away from alcohol for 24 hours afterwards or risk putting the weight back on – so it's no good for a last-minute pre-party fix."


AFTER

BY RUTH TIERNEY. PHOTOGRAPHS GEMMA DAY. JESSICA LONG. HAIR AND MAKEUP VICTORIA BARNES, USING CLINIQUE. STYLING LAURA PUDDY. LAUREN: DRESS, GODDIVA; SHOES, BOOHOO.COM. ANNA: DRESS, GODDIVA; SHOES, NEW LOOK; NECKLACE, WALLIS. EMMA: DRESS, GODDIVA; SHOES, BOOHOO.COM. 'THE CALORIE DELUSION', *NEW SCIENTIST*, VOLUME 203, ISSUE 2717. WWW.WEIGHTWATCHERS.CO.UK

STOP PRESS DIET NEWS

Looking for a longer-term fix than our gorgeous guinea pigs? Counting calories just got cleverer. *Cosmo* reports...

If you spend ages studying the calorie content of all the food you buy, but still can't shift the pounds, you may be suffering from a severe case of 'calorie delusion'.

Some scientists say the figure on the label only tells half the story and doesn't take into account things like the texture and fibre content of food, which can make us burn more calories as we eat it. So opting for a pizza rather than a curry because it has fewer calories might seem like a good idea, but because the curry has more fibre, eating it will actually burn more energy, so it actually is the lower-cal option after all.

"Counting calories from food labels to lose weight is like judging a book by its cover," says Weight Watchers dietitian Zoe Hellman. "It only tells you 75% of the calorie journey, up until the moment you eat it. This new science takes into account how you process the food."

That's why Weight Watchers has launched its new Pro-Points system – a move away from its previous method, which focused on calories and saturated fat. So does this mean the death of the calorie? "The idea of eating fewer calories and exercising more still rings true," says Zoe. "To lose weight successfully you also need to change your lifestyle and behaviour, and get support to do that. Calories are still relevant. It's just a case of thinking about them in a different way." ◆

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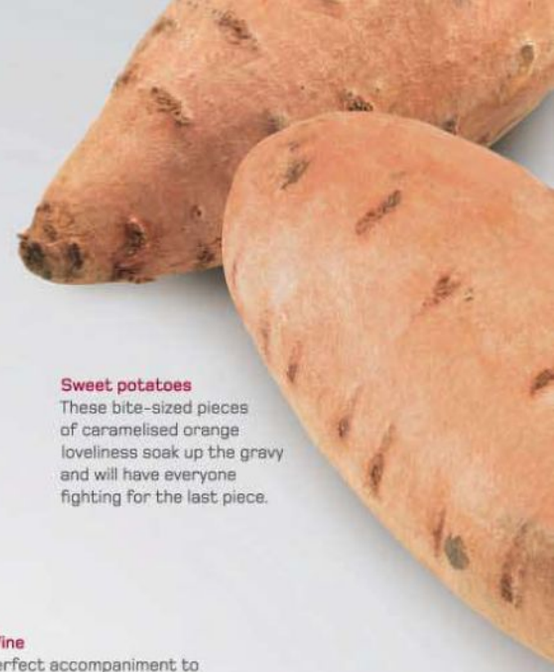


Leg of lamb
Whether it be Welsh or good old English, you can't beat a joint of roast lamb - just make sure you garnish it in herbs and garlic!

Sea salt
From sea to lamb - sprinkle liberally and enjoy.



Black pepper
Freshly ground black pepper adds just the right amount of culinary gusto to your own.



Sweet potatoes
These bite-sized pieces of caramelised orange loveliness soak up the gravy and will have everyone fighting for the last piece.



Red Wine
The perfect accompaniment to roast lamb whether making a rich full-bodied gravy or served up at the table - salut!



Garlic
An aromatic complement to the lamb - be reckless and throw in another couple of cloves...



OPENSPACE

The vital ingredient for roast lamb.

With 20% more room than a standard built-in single oven, the Hotpoint Openspace makes cooking roast lamb a pleasure instead of a logistical nightmare. The insulating divider creates two independently controlled cooking spaces, so while the lamb browns to perfection in the bottom, the Yorkshires sizzle in the top ...double oven versatility in a single oven space.

hotpoint.co.uk

Hotpoint

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Rosemary
One of the quintessential Mediterranean aromas - enough to turn the most austere British day into a food holiday.





Charger plate, £12 for set of four, Bhs



Mask, £5, House Of Fraser



Napkin ring, £20 for set of four, Habitat

Come dine WITH ME

Ditch the paper hats and mismatched cutlery – dress the table to impress this Christmas



Candle holder, £4.99, Dunelm Mill



Candle, £10.99, The Contemporary Home



Large reindeer, £8; small, £4, both Matalan



Plates, £35 for set of three, The White Company



Crackers, £15 for six, Bhs



Champagne flute, £7.50, House Of Fraser

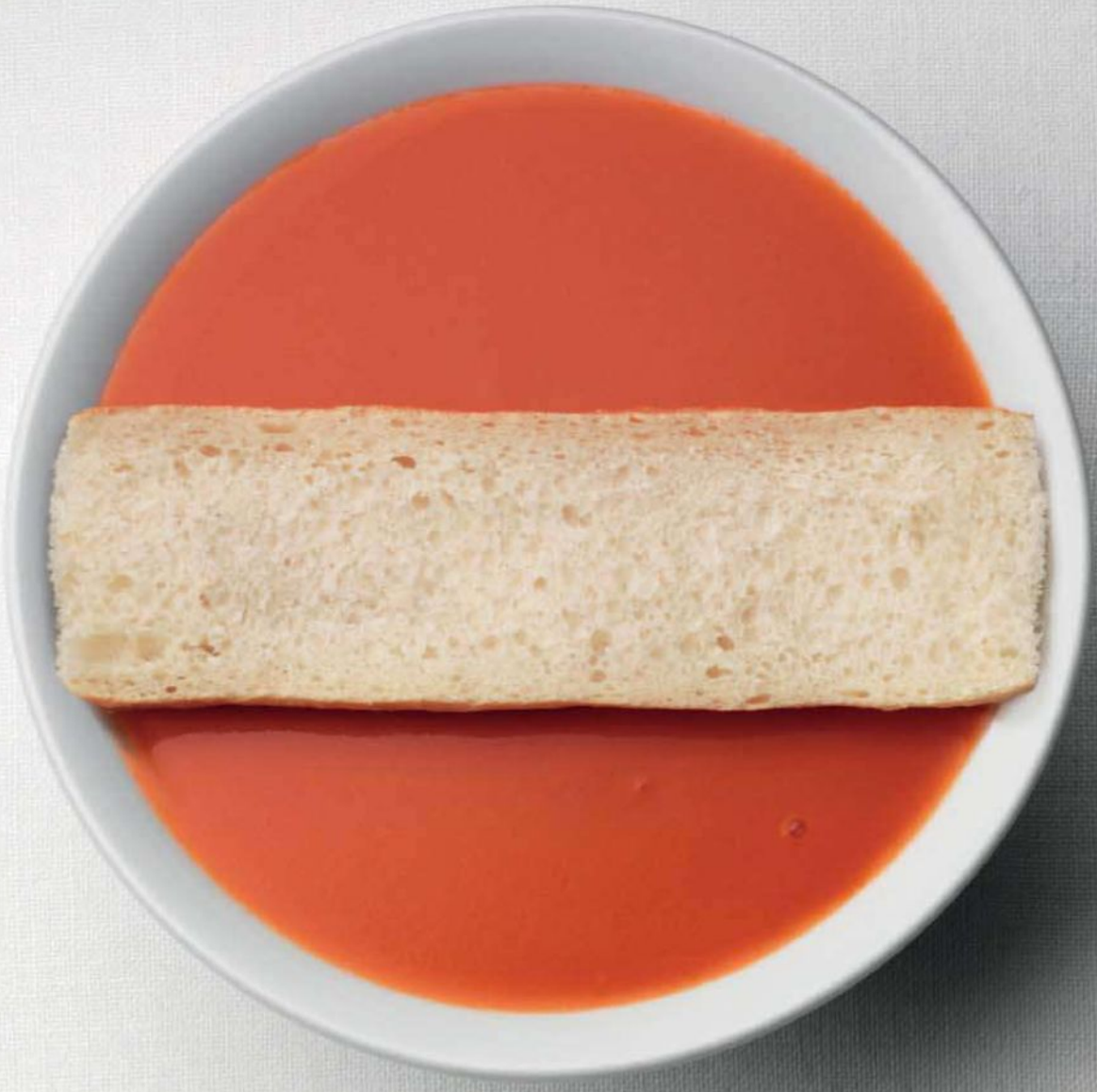


Wine glass, £8, Laura Ashley



Word decoration, £10, Next

BY SALLY GILLAM. *FOR STOCKISTS, SEE WHERE TO SHOP PAGE*



No artificial flavours.
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No artificial colours.

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Baxters

Because taste matters.

Excludes our bacon based recipes because preservatives are necessary in the traditional curing process.

BODY-CON FRIENDLY FOOD

You don't need to skip dinner or nibble on a lettuce leaf to fit into your party dress

We've all been there – all dressed up in tight clothes and wondering how we can get away with eating before going out. But it's good to line your tummy. Here's how... Nutritionist Hannah Richards* says, "As alcohol breaks down to sugar, leaving you hungry, eating fat and protein *before* drinking stabilises blood-sugar levels and stops you hitting the chip shop before bed. And avoid high-starch foods that can cause bloating."

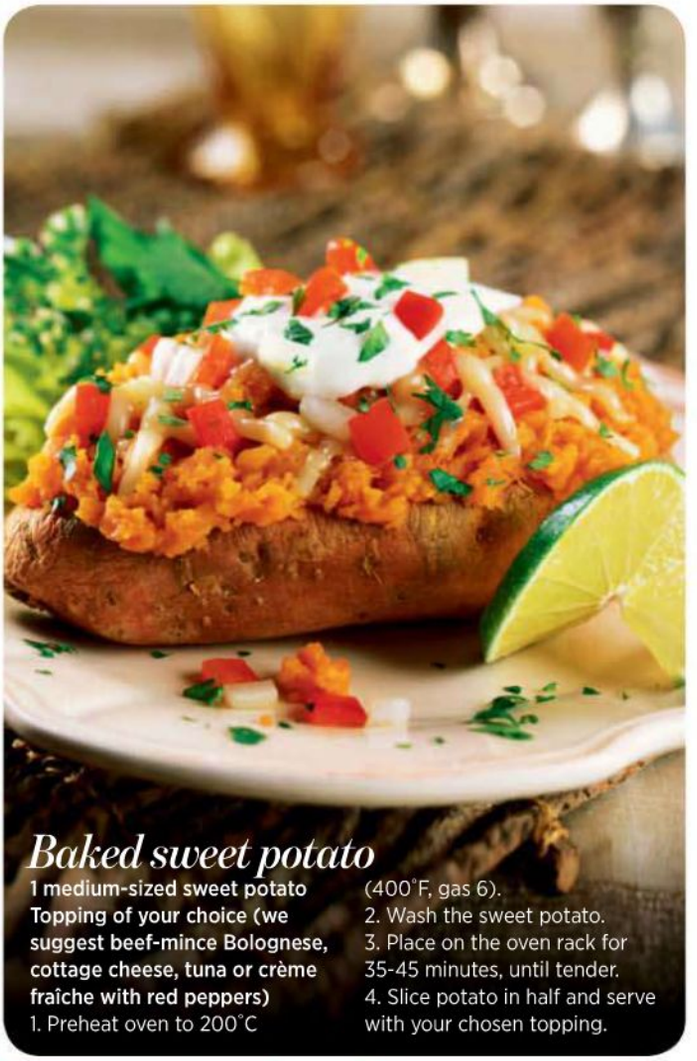
Follow these recipes for a fab, figure-flattering feed.



Mushroom and courgette omelette

1tbsp olive oil
Handful of chestnut mushrooms, quartered
Half a courgette, grated
3 eggs
½ tbsp unsalted butter

1. Heat olive oil in a pan and fry the mushrooms until tender.
2. In a bowl, beat eggs and then add courgette and mushrooms.
3. Preheat the grill to medium. Melt the butter in the frying pan and pour in the egg mixture.
4. Tip the pan to allow the raw mixture to flow to the edges. When it begins to set, leave to cook for a few minutes.
5. To set the top of the omelette, place the pan under the grill for 5-6 minutes. Then serve with salad.



Baked sweet potato

1 medium-sized sweet potato
Topping of your choice (we suggest beef-mince Bolognese, cottage cheese, tuna or crème fraîche with red peppers)

1. Preheat oven to 200°C (400°F, gas 6).
2. Wash the sweet potato.
3. Place on the oven rack for 35-45 minutes, until tender.
4. Slice potato in half and serve with your chosen topping.

BEFORE THE PARTY...

Hannah says: "Drink water 20 minutes before eating – not during – as it disrupts digestion and can lead to bloating."

"A high-protein meal – like an omelette – with good fats and low-starch carbs will absorb alcohol without bloating you."

"Don't overdo the carbs and keep your portion small."

"Quinoa is gluten-free so won't bloat you. Try Parmesan and pesto with quinoa, a small grilled steak and green beans."

BEFORE BED...

Hannah says: "Save leftovers for when you get home. You'll be less likely to get a takeaway."

"Take a probiotic – it'll put goodness back into your gut after a night of alcohol. The best ones are Udo's Choice Super 8 or BioCare capsules, available from health shops."

"Drink a glass of water with a Berocca dissolved in it. Vitamins B and C will be replenished and will help repair and hydrate your body."

Cosmo cocktail

Margarita light

Now it's time to party, Kenwood suggests you kick things off with this zingy cocktail



Generous squeeze of lemon juice • Salt • 2 handfuls of ice cubes • 6tbsp tequila • 4tbsp lime juice • 2tbsp Cointreau • Lime slices to decorate

1 Squeeze the lemon juice onto a plate.
2 Turn two cocktail glasses upside down and dip the rims in the lemon juice.
3 On a different plate, spread out the salt. Then dip the rim of each glass in the salt to coat.
4 Place them in the fridge to chill.
5 Meanwhile, put the ice cubes, tequila, lime juice and Cointreau into the beaker or a glass jug. Using the standard wand attachment, blend the ingredients until the ice is nicely crushed.
6 Pour the cocktail into the glasses and decorate with lime slices.



Cosmo has four Kenwood HB724 Hand Blenders to give away, worth £59.99 each. For your chance to win, email **kenwood@cosmopolitan.co.uk** by midnight on 16 November 2010**.

IN ASSOCIATION WITH KENWOOD

BY KATHERINE BEBO. PHOTOGRAPHS STOCKFOOD. *HANNAH IS A NUTRITIONIST AND PERSONAL TRAINER WITH WWW.MOVETHREESIXTY.COM. **INCLUDE YOUR FULL NAME, ADDRESS AND PHONE NUMBER. SEE P24 FOR TERMS AND CONDITIONS

LOG ON TO... COSMOshop!

Save up to £15 on Gumbies Ewe suede and wool boots, from only £49.99

The winter must-have boots from Gumbies are lined with oh-so-cosy sheep's wool for the ultimate in snugness. And with flexible rubber soles and a deep tread for extra grip, they're perfect for snuggling up indoors or winter walks with your man.

Made from strong, high-grade cow suede, the boots incorporate leather heel reinforcements, to help prevent the collapse regularly seen in lower-quality styles, and have unique pull tabs on the sides to make them easy to put on.

These stylish Ewe boots are available in either short (18cm) or long (28cm) in UK sizes 3-8, with a colour choice of grey, black, chestnut or chocolate.





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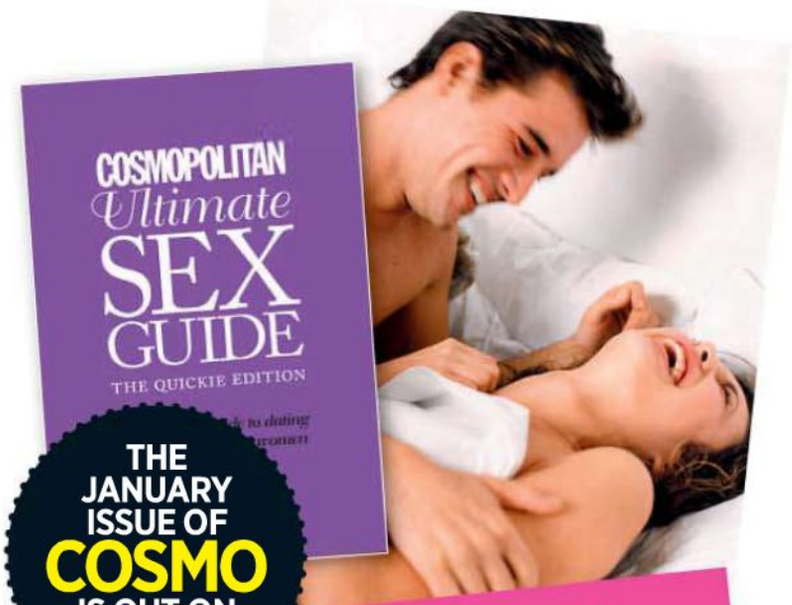
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Cosmo's New Year resolution? To have the best sex ever in 2011! And this little prezzie will make it all happen for you!*

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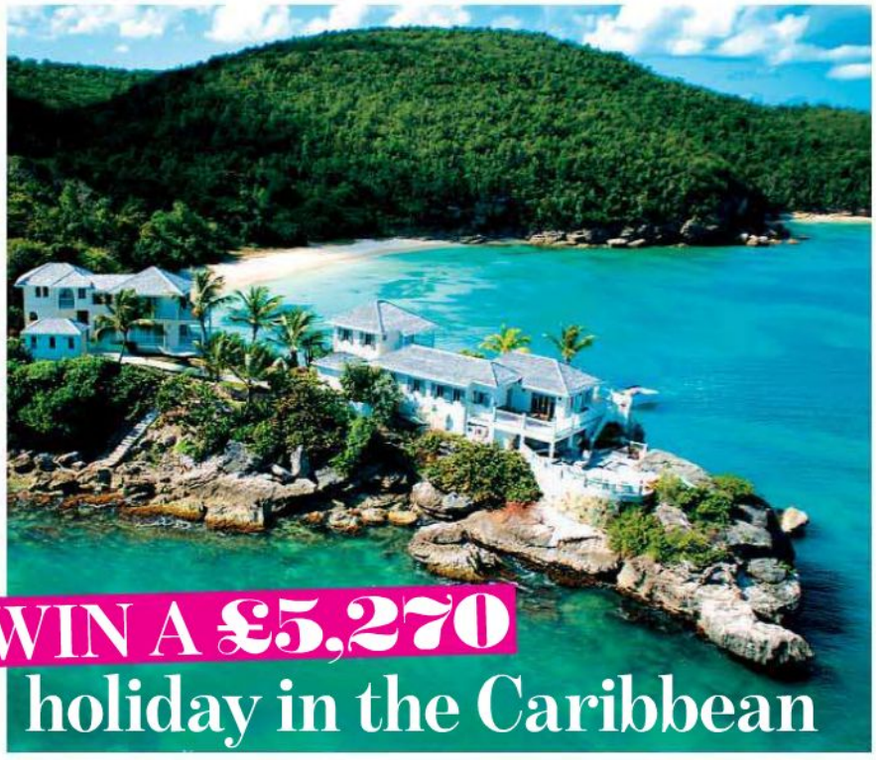
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COSMO'S

hot holiday giveaway

Winter getting you down?

Cheer up – we've got £9,868 of fabulous travel getaways up for grabs



WIN A £5,270 holiday in the Caribbean

Swaying palm trees, endless sunshine, rum punches and 365 beaches – the Caribbean island of Antigua is a *Cosmo* favourite, so we've teamed up with top tour operator Seasons (www.seasons.co.uk) to offer one lucky reader plus a friend an amazing seven-night holiday on the paradise isle.

You'll stay at the chic Blue Waters Hotel, overlooking the golden sands of Soldiers Bay close to capital St Johns. Spend days lying poolside with a cocktail, or get active with a range of watersports and other activities. There's a tranquil spa where you can treat yourselves to a relaxing massage or pedi, and you'll adore the light, airy beachfront rooms, which come with king-size bed and private balcony or patio.

And that's not all! Because the package is all-inclusive, you can dine on mouthwatering seafood and delicious Caribbean cuisine at the hotel's posh Palm and Vyviens restaurants for free! Ditto drinks at the cool Pelican Bar.

THE PRIZE

Seven nights' all-inclusive at the Blue Waters Hotel, Antigua for two people, including return flights, with Seasons.

Terms and conditions The prize is non-transferable and cannot be exchanged for cash, an alternative holiday, or be sold on to any other party. Holiday is subject to availability, and must be taken between 1 Jan 2011 and 1 Jan 2012, excluding Christmas, New Year and Easter. Holiday must be booked at least 60 days prior to departure. The prize is a seven-night holiday at the Blue Waters Hotel, Soldiers Bay, St Johns, Antigua for two people sharing a double/twin Deluxe Beachfront room. All-inclusive basis, which includes accommodation, full English breakfast, lunch, afternoon tea and cakes, dinner and drinks (including premium-branded bar drinks). A free stocked minibar is provided in all rooms (on all-inclusive packages only). Available watersports include Hobie Cats, sailboats, windsurfing, kayaks and snorkelling. Travel to and from the UK airport, and any other out-of-pocket expenses, are the responsibility of the winner. It is the winner's responsibility to ensure they have valid passports and travel insurance for the trip and arrange transfers to the hotel.

WIN A £598 trip to Tenerife

Our friends at Jet2holidays (www.jet2holidays.com) are offering a week's holiday at the three-star Mar Ola hotel, which lies between Tenerife's buzzy Playa de las Americas and Los Cristianos resorts. You and a friend will be staying seven nights in a one-bedroom, self-catering apartment.

With balcony, cool tiled floors, cute kitchen and lounge, plus comfy beds, these apartments are perfect for a girly getaway. The hotel's pool and strip of golden beach are the ideal places to show off your new bikini, while after sunset the nearby resorts have plenty of clubs and bars for dancing the night away.

THE PRIZE

Seven nights in a self-catering, one-bedroom apartment at the Mar Ola hotel, Tenerife (excluding all meals and drinks). For more information, please visit www.jet2.com. Return flights for two people, provided by Jet2, leave from Blackpool, Belfast, East Midlands, Glasgow, Leeds Bradford, Manchester or Newcastle airports. ›





WIN A £1,500 spa, surf & shopping weekend in Wales

One lucky reader and three friends will be whisked to Cowbridge in south Wales courtesy of the Cowbridge Chamber of Trade. After checking into your self-catering apartment, dinner, bubbly and beauty treatments will be delivered to from Quarter Penny Catering and Karma Beauty. The next morning, it's on to a personal shopping experience with a tour of Cowbridge's fashion boutiques, known as the Bond Street of Wales. Then head to the Jack Daniels Lounge at cool Bar 44 for a cocktail-making class, before a tasty Chinese at Riverview Restaurant. The following day, enjoy a leisurely morning before hitting the sea for surfing lessons. A great girly getaway or hen party with a difference! www.cowbridge.co.uk

THE PRIZE

Two nights' accommodation for four in a self-catering apartment; two-course dinner in your apartment with champagne and wine; provisions for breakfast for two mornings; in-room beauty treatments and beauty goody bag; fashion boutique tour with discount vouchers for certain stores; cocktail-making class; Chinese meal for four; surf lessons at Southerndown Surf School.

Terms & conditions Prize must be taken between 5 January 2011 and 5 January 2012 – subject to availability.

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There are loads of fab prizes up for grabs. Good luck!



WIN A £1,500 learn-to-dive holiday in Malta

Always wanted to learn to dive but never got round to it? We're offering you and a friend the chance to get fully qualified and have a fab holiday in the Maltese Islands. This brilliant prize, courtesy of the Malta Tourism Authority (www.visitmalta.com), includes three days' tuition with Divewise Diving Centre (www.divewise.com.mt). Along with your lessons (all your scuba equipment is included), you'll also be treated to three nights' bed and breakfast at the five-star Westin Dragonara Resort Malta (www.westinmalta.com). This fantastic property features 340 guest rooms and suites, with private balconies that have fabulous views over the Med – perfect for sunset cocktails.

THE PRIZE

Two return flights with EasyJet (from Manchester Airport or London Gatwick only). Three nights' accommodation on a bed-and-breakfast basis at The Westin Dragonara Resort for two. Three days' diving tuition with Divewise Diving Centre for two people. Hotel transfers.

• For more information on Malta, please go to www.visitmalta.com.

Terms & conditions Go to www.cosmopolitan.co.uk/competitions-offers/channel for full T&Cs.



WIN A £1,000 spa break for two

Need a pampering break? Look no further than Von Essen's Homewood Park (www.vonessenhotels.co.uk) in Bath. This stunning country house hotel has a new spa, where you and a friend can enjoy the hydrotherapy pool, sauna, steam room and heated outside pool with relaxation pods. Then enjoy dinner in the acclaimed Lime Restaurant before flopping into a king-size bed in a sumptuous garden suite.

THE PRIZE

Two nights' accommodation in a garden suite; dinner one night for two; one spa treatment each; full use of spa facilities.

READER OFFER

If you stay two nights at Homewood Park, you'll receive a complimentary one-hour treatment or two half-hour treatments*.

*Based on two people staying. Valid until 31 March 2011, Sun-Thurs, excl. Valentine's Day, Christmas and New Year. Subject to availability. Please quote *Cosmo* when booking.

HOW TO ENTER

Send your details** to: The National Magazine Company Ltd, CODE, The Data Solutions Centre, Worksop S80 2RT by 17 December 2010. Below are the codes:

- Caribbean: GVCMOP09349
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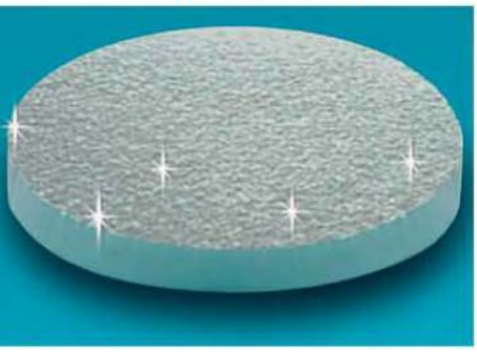
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December



HAPPY BIRTHDAY
Ms Sagittarius 22 NOV-21 DEC

Plans for the gym, cosmetic surgery, new hair or contact lenses will hit complications, so fast-forward to January. You need cash power for 2011 and a big Christmas decision will see you adding to your income. Ignore wobbles about your lover near the eclipse on 21st.

For more on money, call 0906 757 3890*

Taurus 20 APR-20 MAY

You make a big money, house or business decision in December but you may be held up by communication problems. Keep the plans in mind but wait until January to sign or accept. Next month you can put a dent in a debt.

Find out more about your finances, call 0906 757 3883*

Virgo 23 AUG-22 SEPT

What seems to be a question about sex is actually a question about power, and you need to solve it. If you're single, analyse your feelings about being in charge. Is your family a priority? Read the fine print if signing anything before January.

Intrigued about your home life? Call 0906 757 3887*

Gemini 21 MAY-20 JUNE

You'll make a big decision about your former, current or potential lover – but avoid the 21st unless you like drama. Remember, you have plenty of time. The plans in December won't stick, but from 1 January you can both choose options.

For more on love, call 0906 757 3884*

Libra 23 SEP-22 OCT

Big changes this year affected things with your live-in partner, flatmates or family. You've either got more power these days, or you had to give it up. Whatever happened, everyone has to find a new way to get what they need now.

Worried about your family? Call 0906 757 3888*

Capricorn 22 DEC-19 JAN

Your 2011 relaunch is waiting and you'll plan your new image in December. You'll use a powerful female role model to inspire you and amaze your friends. A secret you kept from 2000-2008 will return – decide if you want to make it public.

For more on your relaunch, call 0906 757 3891*

Pisces 19 FEB-19 MAR

Should you save a friendship or walk away? Those Christmas cards and emails will tell you where you stand and who matters most. Job or uni delays may hold up your plans until New Year's Eve. Read the fine print before committing.

For more on your career, call 0906 757 3881*

Cancer 21 JUNE-22 JULY

It may be the month to consider moving in with your man, marrying or having kids. If you couldn't reach a decision about a vital subject with your former, current or potential partner in summer, it'll return with a final choice in 2011.

For more on relationships, call 0906 757 3885*

Scorpio 23 OCT-21 NOV

Cash, home or business decisions will be affected by delays or alterations. If you can put things off until January, do so. Otherwise, make sure you know what you're signing. This is a great month to take stock of your debts and assets.

For more on your cashflow, call 0906 757 3889*

Aquarius 20 JAN-18 FEB

An old friend resurfaces and your past problems disappear. Your social-networking tribe will increase, with people who bring good news in 2011. Around Christmas, you'll be reminded of a huge secret. If it got out, someone could suffer.

Find out more about your friends on 0906 757 3880*

Aries 20 MAR-19 APR

Your job or uni situation needs a rethink. Nobody's talking but everyone's playing games. December is the time to be honest with yourself and others. A trip away, or visitors from out of town, sees changes to your plans.

For more on your job, call 0906 757 3882*

Leo 23 JULY-22 AUG

You won't find out where you stand with a new lover or contraception decision until January. Use December as a dress rehearsal. Next year you'll make a decision about a young relative or godchild. A work dilemma also crops up.

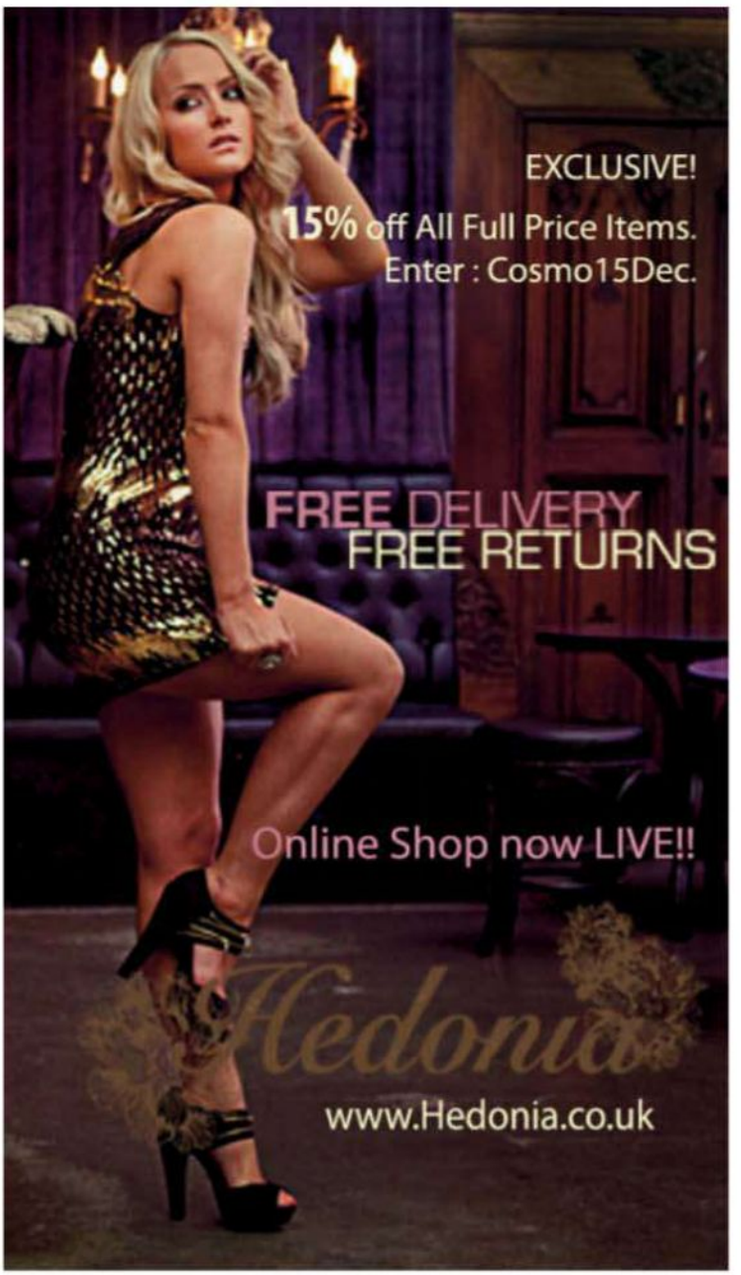
For more on your personal life, call 0906 757 3886*

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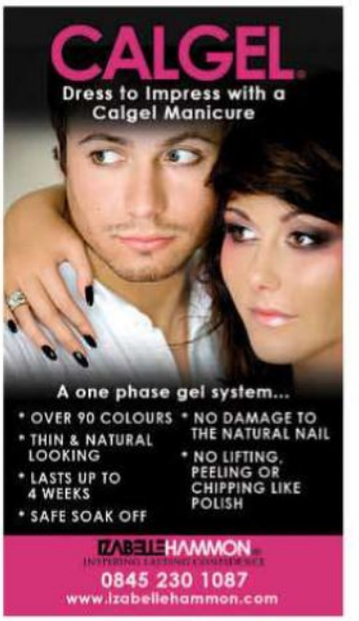




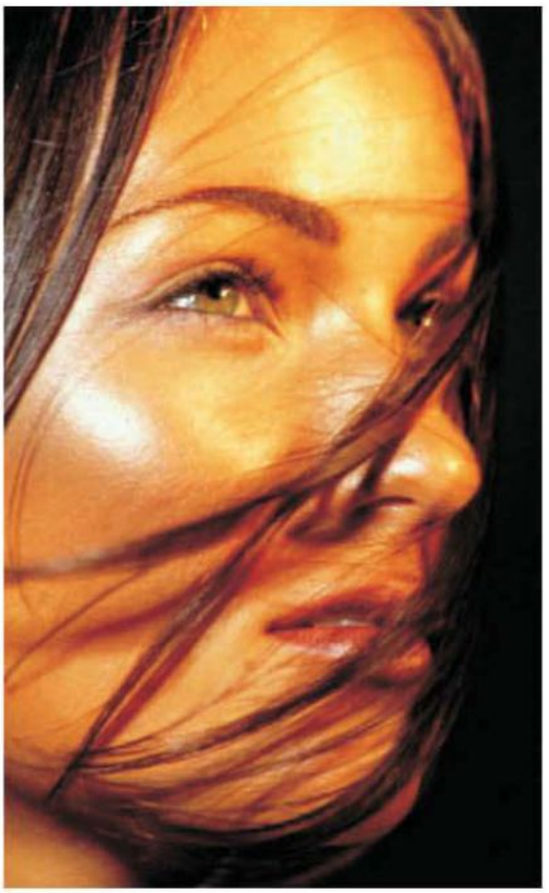








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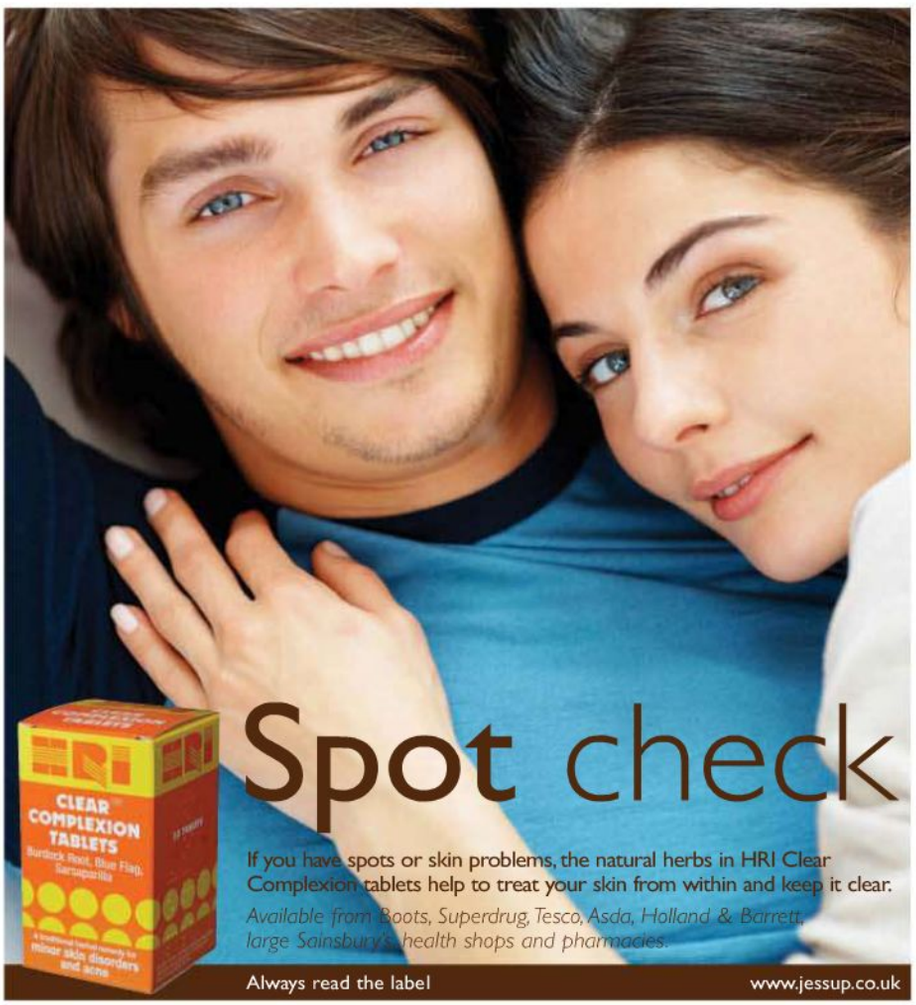
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Commandments

10 rules for avoiding festive fall-outs



1 Telling your boss what you think of her after a few Pinot Grigios at the Christmas office do won't make you ballsy, it'll make you fired.

2 Leave the family dramas to *EastEnders*. Christmas Eve isn't the time to tell your 'sister' she's your daughter.

3 *Keep quiet if your boyfriend's mum accidentally gets you Chanell 5 instead of Chanel No5.*

4 *Remember, even if your sister gets a Mulberry while you get a dishwasher, your parents love you just the same.*

5 If Christmas Eve at your local pub is famed for its drunkenness, don't arrange to meet your mum at midnight mass.

6 It's better to give than receive (unless you splashed out on designer cufflinks and got an oven glove in return).

7 It's all about give and take. If he wants to spend Xmas Day on his Xbox, it'll cost him in Tiffany jewellery.

8 *Even if her sprouts are soggy, your mum's Christmas dinner should be met with oohs and aaahs.*

9 Don't throw a tantrum if your parents decide you're too old for a stocking. You can live without chocolate money and a satsuma... can't you?

10 *Never say, "A moment on the lips, a lifetime on the hips" as your sister digs into her third chocolate orange of the day.*

BY ANNABELLE LEE. PHOTOGRAPH TRUNKARACHIVE.COM

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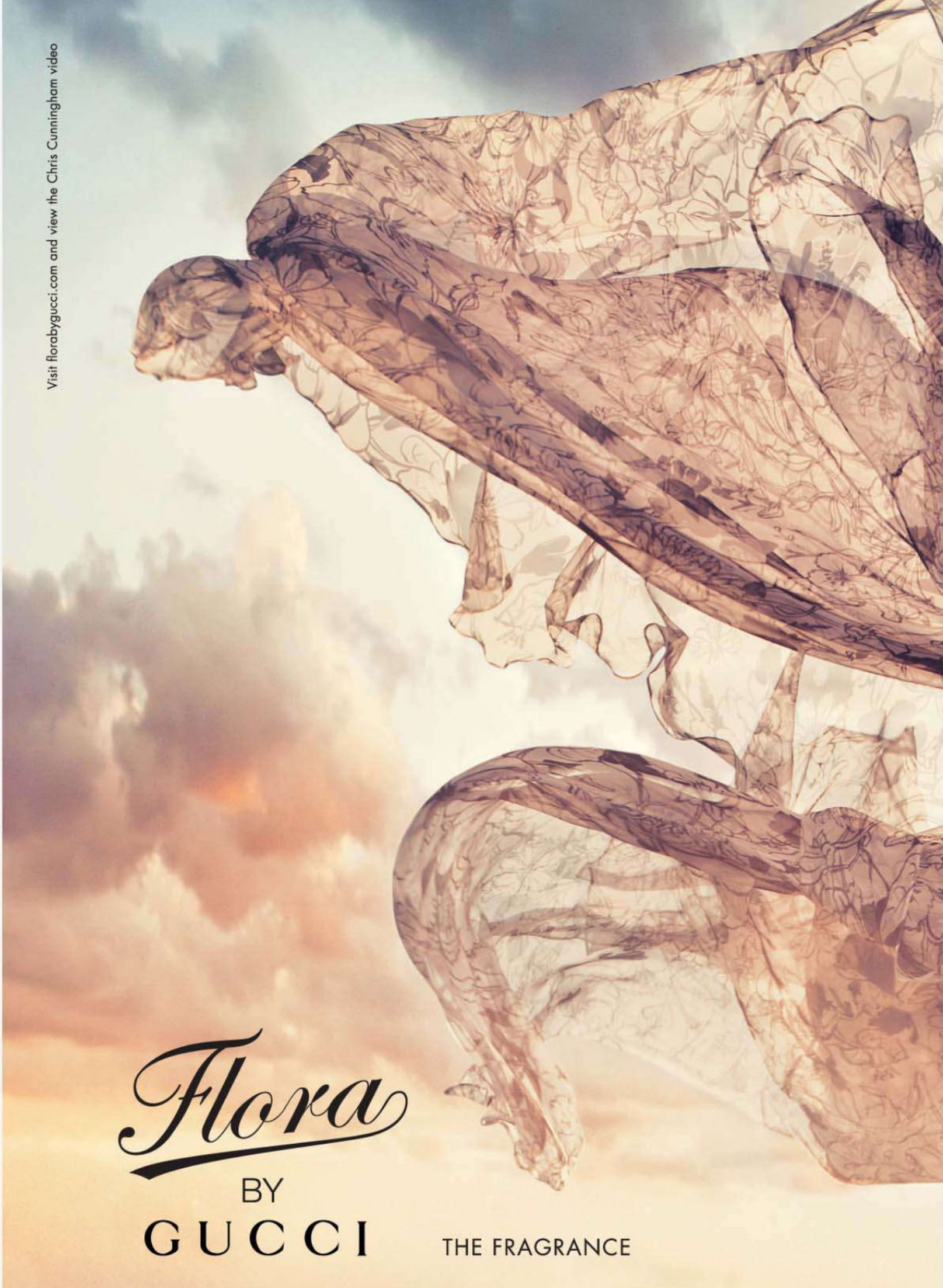


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ALL WE WANT FOR CHRISTMAS...

Christmas is our absolute favourite time of year. Not just because of all the brilliant parties, but because we know that the prospect of being given lots of presents is just around the corner! But what should you put on your Christmas list this year? Well, the *Cosmo* team has been super-busy (you could even say as busy as Santa's elves…) and the office has been bulging with shoes, handbags, beauty products, jewels, watches and more – all so we can bring you our biggest and best gift guide ever. And we haven't forgotten your man – we've plenty of treats for him too. So, sit back, grab a glass of mulled wine… and indulge!

Love, Cosmo X

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GIFTS FOR THE GIRLS

Dear  ,

All we want for Christmas can be found in the next 27 pages. There are  galore, from delicious  , gorgeous  and sexy  to cheeky stocking fillers and the coolest  on the  – we want them all (please? Pretty please?!).

Meanwhile, we might show our  , just in case they feel like treating us too ;-)

**With  and  **

The *Cosmo* girls

xxx



VINTA

Jewellery stand, £10, Next ✉.
1. Necklace, £175, Laura Lee ✉.
2. Necklace, £108, Alex Monroe ✉.
3. Necklace, £45, The Vintage Jewellery Company ✉.
4. Necklace, £68, EC One ✉.
5. Necklace, £119, Zoe & Morgan ✉.
6. Necklace, £73, Tous ✉



Necklace, £25, Dorothy Perkins



Shoes, £28, Next

Candle holder, £8, Bhs

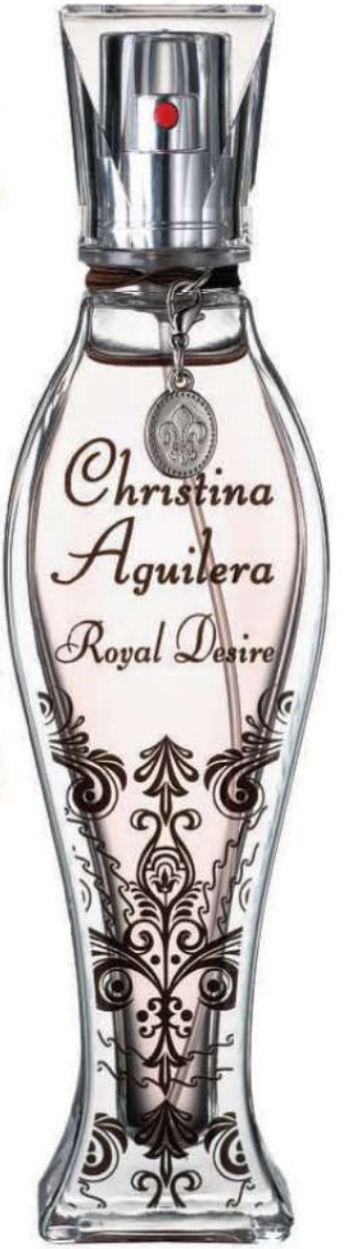
AGE CHIC

For a little bit of super-gorgeous retro glam, look no further



Bracelet, £174, EC One

Christina Aguilera Royal Desire Eau de Parfum 50ml, £27





Clutch, £195, Wilbur & Gussie



Pearls, £9.50, Dorothy Perkins

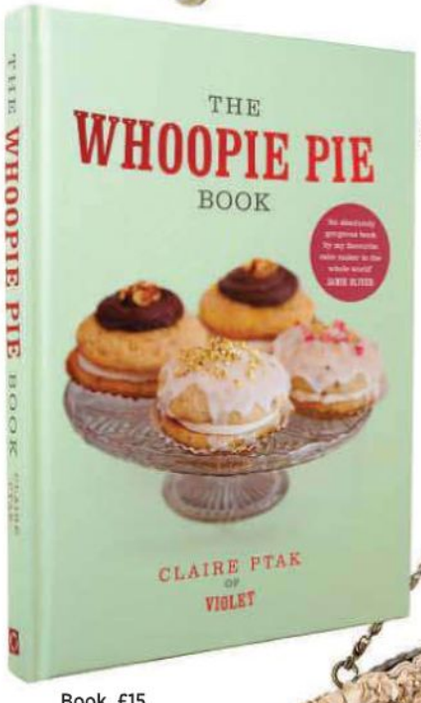
VINTAGE CHIC



Clock, £35, Laura Ashley ✉



Brooch, £8, Accessorize ✉



Book, £15, Waterstone's ✉



Rose, £7, Accessorize ✉



Clutch, £28 Accessorize ✉



Picture frame, £16, Laura Ashley ✉





Teapot, £80, Polly George ✉



Frederic Fekkai Glossing Shampoo, Conditioner and Styling Cream, from £17



Ghost Deep Night Fragrance, £30 for 50ml



Knickers, £6, Accessorize ✉



Jar, £8, Urban Outfitters ✉



Boxes, from £115, Graham And Green ✉



Bangles, £16.50 for set, Freedom at Topshop ✉

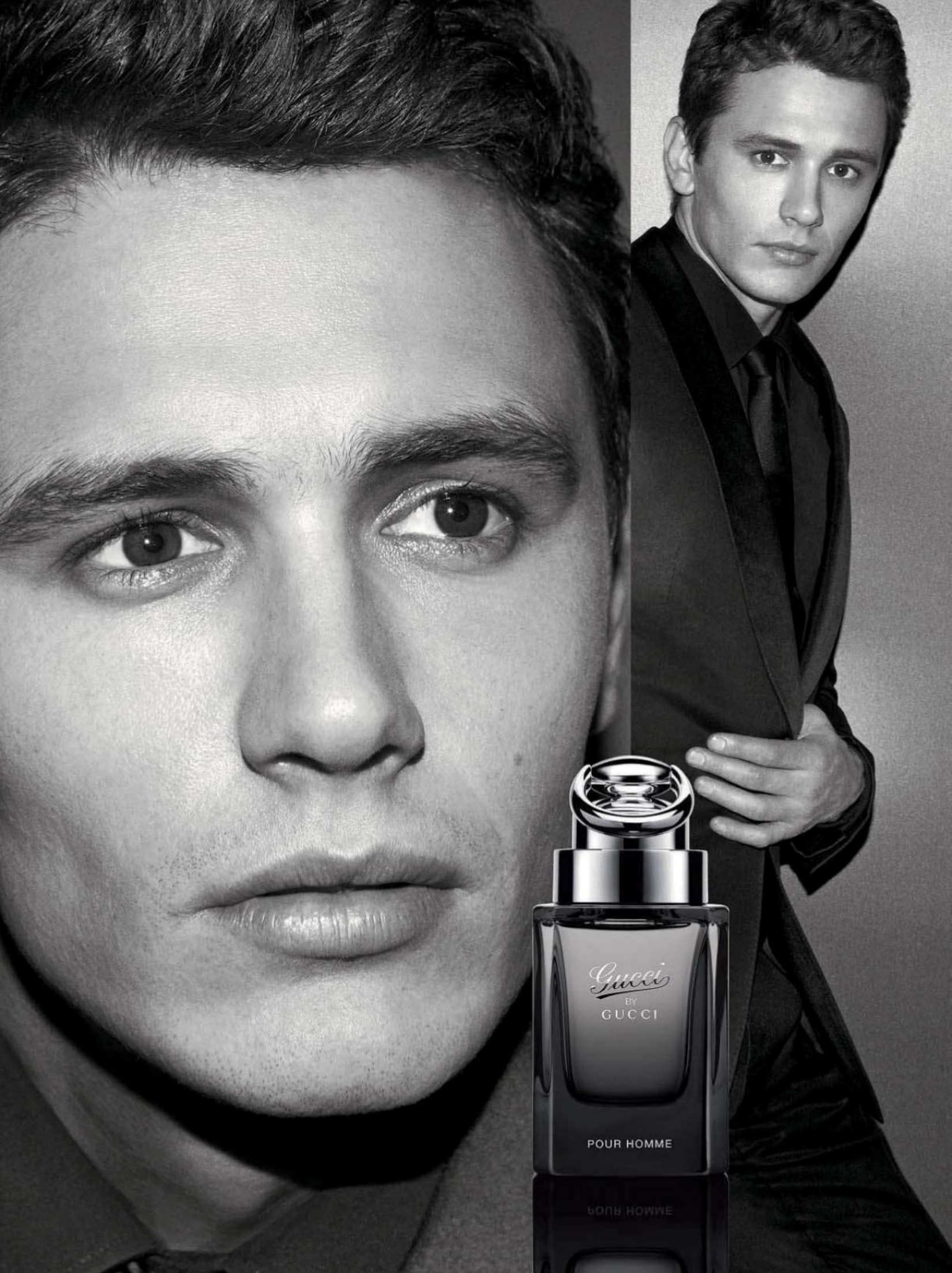


Necklace, £23, Jewellery By Vanya ✉



Bracelet, £174, EC One ✉ ◆


View the James Franco video at gucci.com
Gucci
BY
GUCCI
THE FRAGRANCE FOR MEN


Gucci
BY
GUCCI
POUR HOMME

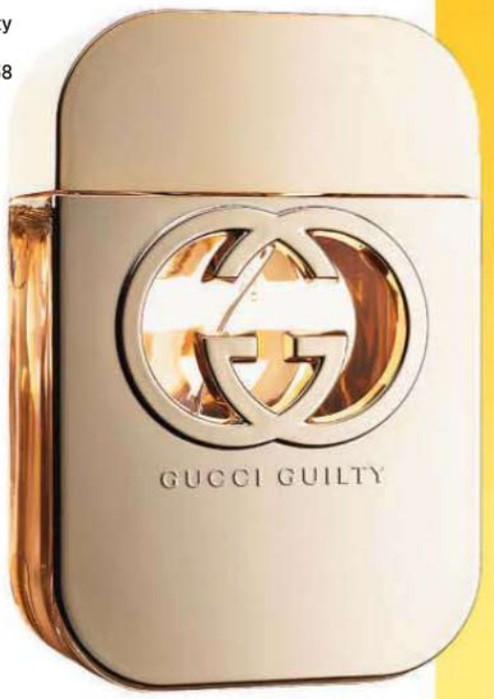


Clutch, £1,040, Moschino ✉



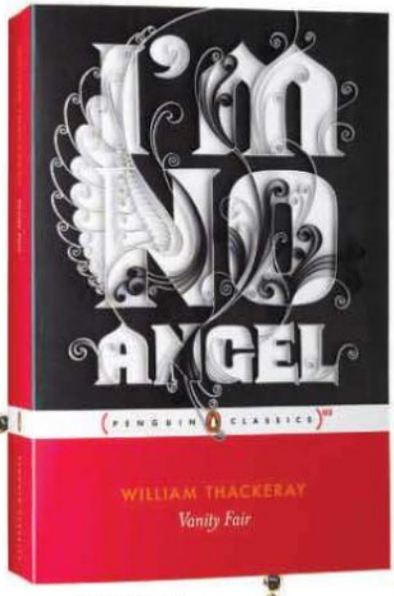
Shoes, £40, Next ✉

Gucci Guilty eau de toilette, £58 for 75ml



SEXY LUXE

Red, bold and beautiful... all of these should be at the top of every Cosmo girl's Christmas list!



Book, £8.99



Watch, £32, Accessorize ✉

Bag, £385, Moschino Cheap And Chic ✉





Clutch, £22, Next ✉



Shoes, £120, Carvela ✉



Shoes, £85, Office ✉.
Clutch, £195, Lulu Guinness ✉.
Compact, Dolce & Gabbana The Lip Jewels Classic Cream Lipstick Palette in Nude, Dahlia, Ultra and Devil, £40 ›

SEXY LUXE



Nails Inc Crystal Caps in Royal Arcade (glitter) and King Street, £15 each

Shoes, £159, Kate Kuba ✉



Lamp, £12, Next ✉



SK-II LXP Ultimate Revival Cream, £190



Phone, £90, Johnny Egg at Heal's ✉



Cushion, £12, Next ✉



Cushion, £32, Rocha John Rocha at Debenhams ✉



Cushion, £15, Next ✉



Cushion, £15, Next ✉



Cushion, £20, Star by Julien Macdonald at Debenhams ✉



Clutch, £45, Fiorelli ✉



Bangle, £10, Dorothy Perkins ✉





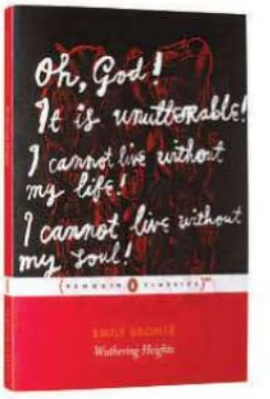


Shoes, £64.99, River Island ✉



Shoes, £175, LK Bennett ✉





Book, £7.99 ✉

Dolce & Gabbana The One eau de parfum, £48 for 50ml





Camisole, £129; knickers, £49, both Myla ✉

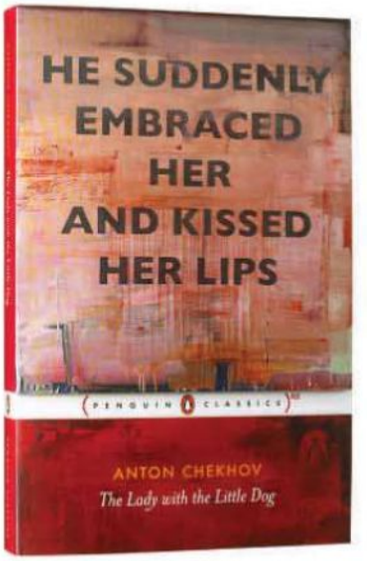
Shoes, £99.99, Red Or Dead at Schuh ✉



SK-II LXP Moist Softening Serum, £170



Bag, £495, Mulberry ✉



Book, £8.99



Candle, £10, Red Herring at Debenhams ✉ ◆



Lacoste Joy of Pink eau de toilette, £34 for 50ml



Eye mask, £8.50, Bombay Duck



Dolce & Gabbana Smooth Eye Colour Quad in Night, £35

GIRLY BOUDOIR

Everything you'd ever want to give your bedroom (and you) some va-va-voom!



Shoes, £700, Gina



Mirrors, £35 for set, Very



1 £340, Dower & Hall ✉
2 £75, Lola Rose ✉
3 £10, Daisy & Eve ✉
4 £25, Kate Moss at Topshop ✉
5 £82, Kenneth Jay Lane at My Wardrobe ✉
6 £20, Accessorize ✉
7 £180, Assya ✉
8 £16, Accessorize ✉
9 £11.95, What's About Town ✉
10 £115, Lola Rose ✉
11 £75, Lola Rose ✉
12 £80, Swarovski Crystallized at My Wardrobe ✉ ›

GIRLY BOUDOIR



Dolce & Gabbana Shine Lipstick in Rosebud, £20



Mirror plaque, £8, Bhs ✉



Nars Crazy Heart Lipgloss Set, £35



Showtime cushion, £20, www.cosmoshop.co.uk

Fairy lights, £60, Simply Roses ✉



Clutch, £15, Next ✉



Letter blocks, £22.50 for set, Velvet Brown

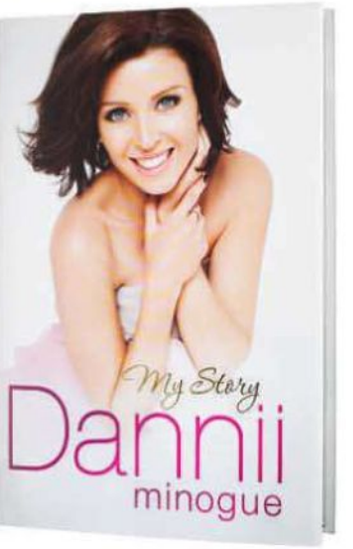
Book, £18.99

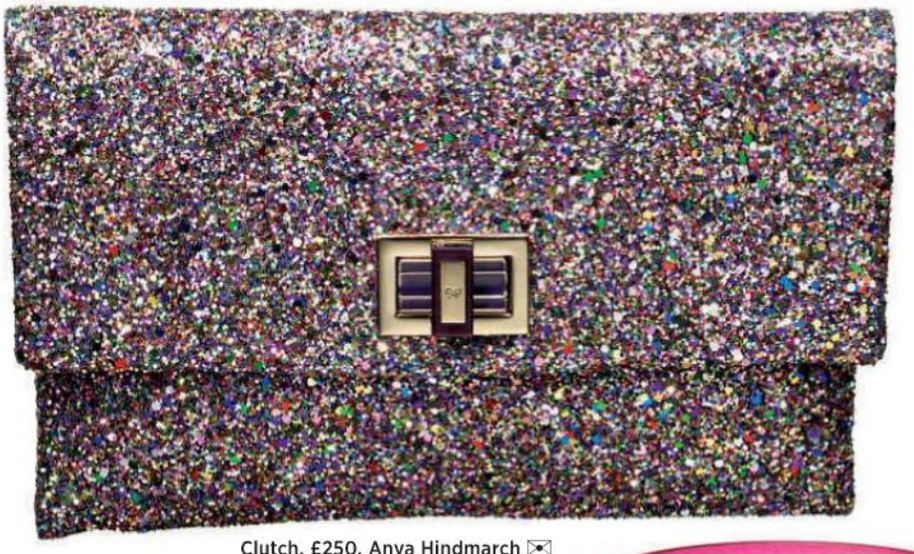


Boss Orange eau de toilette, £36 for 50ml



Vases, £8 for set, Next





Clutch, £250, Anya Hindmarch



Dolce & Gabbana Rose The One Shimmer Powder, £34



Candle, £40, Diptyque at Heal's

MODERN MIN

Sleek, sexy and bang on trend – for the girl who likes the simple (but beautiful!) things in life



Striped umbrella; spotted umbrella, both £35; shop-front umbrella, £40, all Lulu Guinness



D&G #3 L'Imperatrice eau de toilette, £35 for 100ml



Coat hook, £31, Graham And Green ✉



Apothia Travel Candles, £19.95 each, United Perfumes

NIMALIST



Bangles, from £14, Religion ✉



Shoes, £39.99, New Look ✉



Gin, £21.99, G & J Greenall ✉ ›



Clock, £55, Karlsson at Heal's ✉

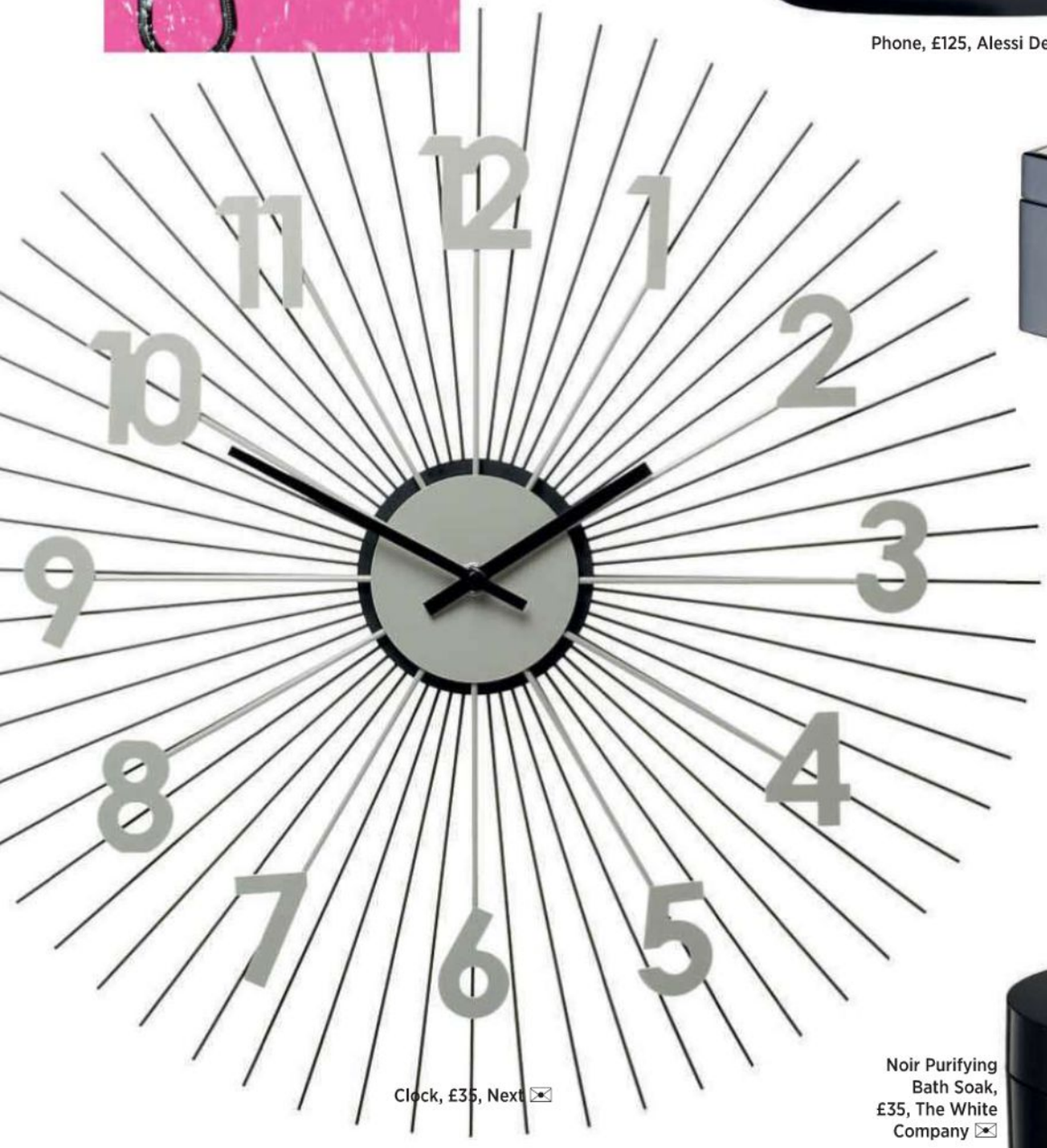


Clutch, £32, Olga Berg

MODERN MINIMALIST



Phone, £125, Alessi Design Stefano Giovannoni at Heal's



Clock, £35, Next



Box, £45, The White Company



Candle, from £20, Jonathan Ward

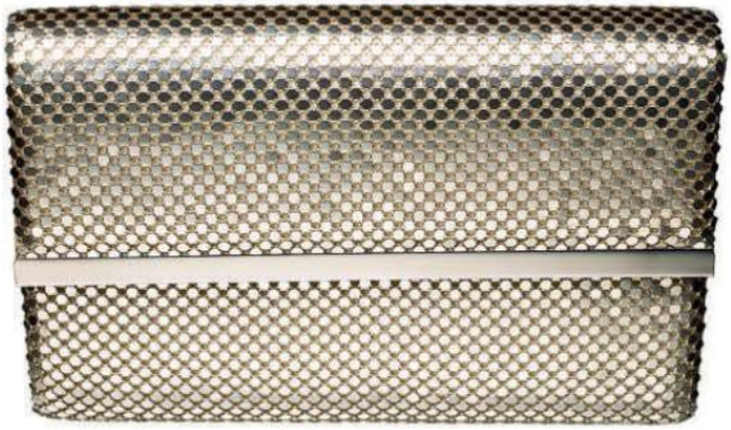


Noir Purifying Bath Soak, £35, The White Company



Elemental Herbology Botanical Bathing Infusion Set, £35

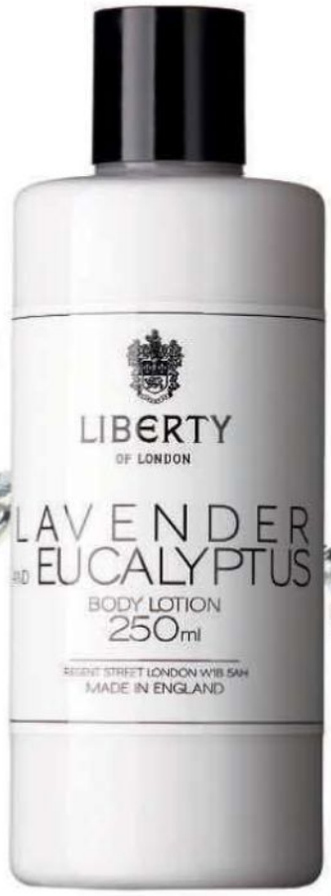




Clutch, £30, Accessorize

Book, £20

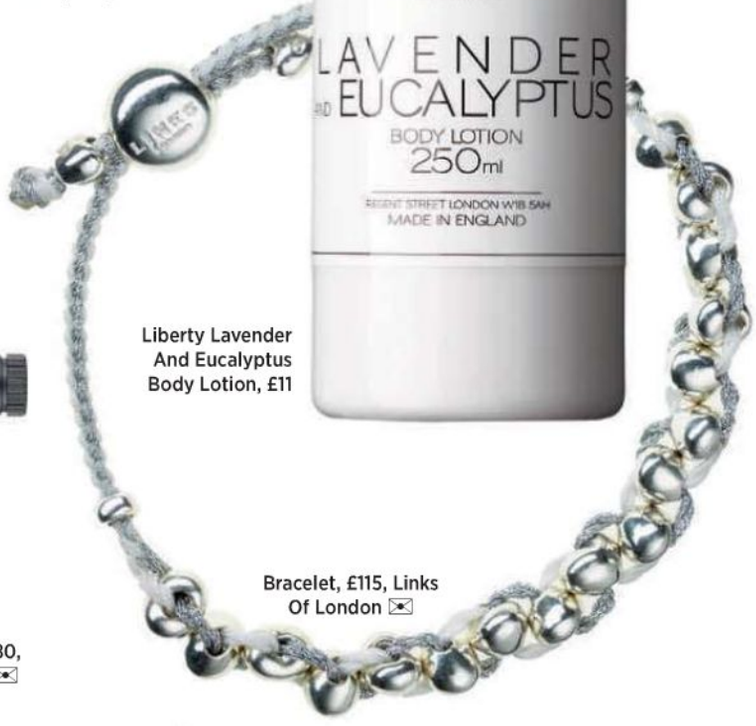




Liberty Lavender And Eucalyptus Body Lotion, £11



Watch, £80, Firetrap



Bracelet, £115, Links Of London



Dolce & Gabbana Light Blue eau de toilette, £42 for 50ml



Shoes, £70, Head Over Heels at Dune



Tealight holder, £35, Heal's



iPad cover, £22, Topshop



Gucci by Gucci Purse Spray eau de toilette, £52 for 15ml (plus three refills)



Jewellery roll, £12, Accessorize



Jug, £12.99, The Contemporary Home

FLIRTY FEMINI

Pretty florals and cute jewels to unleash your inner country girl



Paul & Joe Lip & Eye Colour Set, £30



Dolce & Gabbana Intense Nail Lacquer in Pink, £16



Rings, £80 for the set, Spinning Jewelry





Bra, £40; knickers, £30, Eberjey at Figleaves

NE



Cake stand, £20, Cath Kidston ✉. Cakes from a selection at Primrose Bakery ›

FLIRTY FEMININE



Jewellery box, £15, Urban Outfitters ✉



Jar, £16, Next ✉



Ghost The Fragrance eau de toilette natural spray, £42 for 100ml





Knickers, £6 each, Accessorize ✉





Pyjama set, £18, Accessorize ✉



Mirror, £39.99, Zara Home ✉

Bracelet, £45, Dower & Hall ✉

Bracelet, £56, Tous ✉

Clutch, £12, Peacocks ✉

Wallet, from £525, Chanel

Paul & Joe Nail Varnishes in 001 (red) and 002 (glitter), £9 each ✉ ◆





YOUR PERFECT MATCH

Whether your hunt for The One is still on or not, always be armed with a fragrance to wow

Finding a scent to rock your world is a lot like trying to find a man to do the same. Both involve careful searches for the right group of ingredients to fit with your individual personality and dreams. And when armed with the perfect man or perfume, the results are always totally electric. This Christmas we are helping you find the dream fragrance for you and the man in your life. So together you can sizzle… ›

Recipe for love

Tell us how you imagine your dream date and discover your perfect fragrance to wear for the occasion

1 **In advance of your big night, your dream date-to-be would:**

a) Send you a provocative text saying how the suspense of seeing you dressed up all sexy is killing him.
b) Turn up spontaneously the day before your date and take you out for coffee.
c) Send you flowers with a card attached saying he's looking forward to your date.

2 **Your outfit for the night would most likely be:**

a) Traffic-stopping! It'll make you stand out with sexy vamp makeup.
b) A boho floral dress, with gorgeous tousled hair and cute shoe boots.
c) The classic LBD, with sky-high heels and sparkly accessories.

3 **Where would be your ideal date location?**

a) Somewhere unpredictable.
b) A gig where you can drink, dance and laugh all night.
c) Dinner and champagne at the kind of fancy restaurant celebs go to.

4 **On the date he reminds you most of:**

a) Russell Brand: super-intelligent, sexy, with a wild, unpredictable streak.
b) Ashton Kutcher: trendy, free-spirited and makes you laugh.
c) Bradley Cooper: a true gentleman, with cash to splash and the ability to charm.

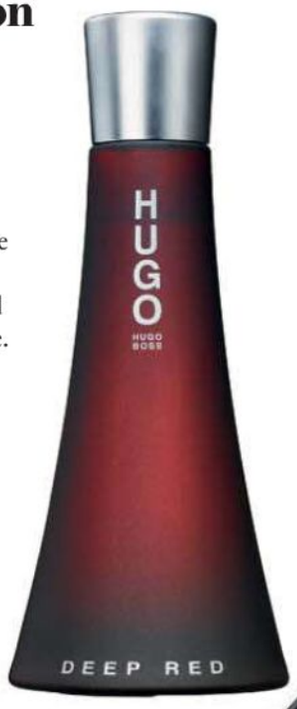
5 **He ends the date with:**

a) An invitation back to his place.
b) A giggly snog outside your front door.
c) A kiss and plans for where he's taking you next time.













TOP TIP: When trying perfume, spray it on to the test paper and then fan it about 1ft away from yourself.

Mostly As: You're daring
You stand out with your choices in life so go for a fragrance that sets you apart. Lacoste Touch Of Pink is your perfect trendy, fresh scent with a modern edge to turn heads for daytime. By night, go for Hugo Deep Red. It's distinctive, sexy and a little bit rebellious.

Mostly Bs: You're a free spirit
You like to just go with the flow and want a fragrance that flaunts your cool charms. By day, Boss Orange will do just that. Fronted by original boho queen Sienna Miller, it's playful and stylish. At night, choose Ghost Deep Night, it feels free and romantic but truly unforgettable.

Mostly Cs: You're a glamazon
You're a pampered princess and need a scent that fits with the luxury you love in life. In the daytime, choose Ghost for its feminine charms. Sweet and warm, it always disarms. For the evening, your perfect fragrance is Christina Aguilera Royal Desire – so exquisite, it's fit for a queen. ›





Find The One

He's found his dream match in you. Now show him how well you know him by choosing his perfect scent for Christmas











TOP TIP: Once you've found a fragrance that you like, spray it onto your wrist or inside the bend of your arm and allow it to develop. You'll want to check how long-lasting it is and how it reacts with your body's heat and natural oils.

SUIT AND SHIRT, BOSS BLACK. DRESS AND LINGERIE, JOHN LEWIS. EARRINGS, BUTLER & WILSON. CUSHIONS, NEXT

1 On his iPod you're most likely to find the following tunes:

a) Very loud rock music from Kings Of Leon and other legendary bands.
b) Achingly cool new music from people you've never even heard of.
c) Hip chart tunes plus Florence And The Machine-style chill-out sounds.

2 Finish this statement: "To him, his job...

a) ... is his life. He often works late and is keen to get ahead."
b) ... always comes second after things like going to the gym/playing sport."
c) ... is just another part of his busy life."

3 Next year's holiday is his choice, where would he pick to take you?

a) A cosmopolitan city break, staying in a cool boutique hotel.
b) A ski holiday or to any fun destination with activities involved.
c) A sunny escape with lots of luxury and relaxation for you both.

4 He's the kind of guy who...

a) Will always get all the drinks in, no matter how much the tab costs.
b) Constantly surprises you with new stories about things he's done.
c) Opens doors for you without thinking and always carries your shopping.

5 What's his communication style?

a) Email, texts, calls... however busy he is, he's always in touch with you.
b) He sometimes forgets to text but makes up for it with fun spontaneous surprises.
c) He always calls you to check you're OK when you're apart. ◆

Mostly As: He's smooth
This guy is full of ambition and loves the city. Modern and masculine, Hugo Man is the perfect match for his creative energy. By night, Boss In Motion – with its smooth, orangey scent – is fresh and straightforward, just like his take on life.

Mostly Bs: He's spontaneous
Quite a handful, this man likes excitement in life and is always active. So Lacoste's sporty fragrances complement him. Lacoste Red flaunts his energetic but cool, calm take on life. And the super-fresh Lacoste Challenge suits his thirst for action.

Mostly Cs: He's classic
He's a true gentleman who appreciates smart suits and classic style. He likes to impress and Boss Bottled will do just that. The woody-amber scent is confident just like him, and is the perfect fragrance for both day and night.

GIRLS' GADGETS

Love all things techie? These gizmos are the pick of the bunch



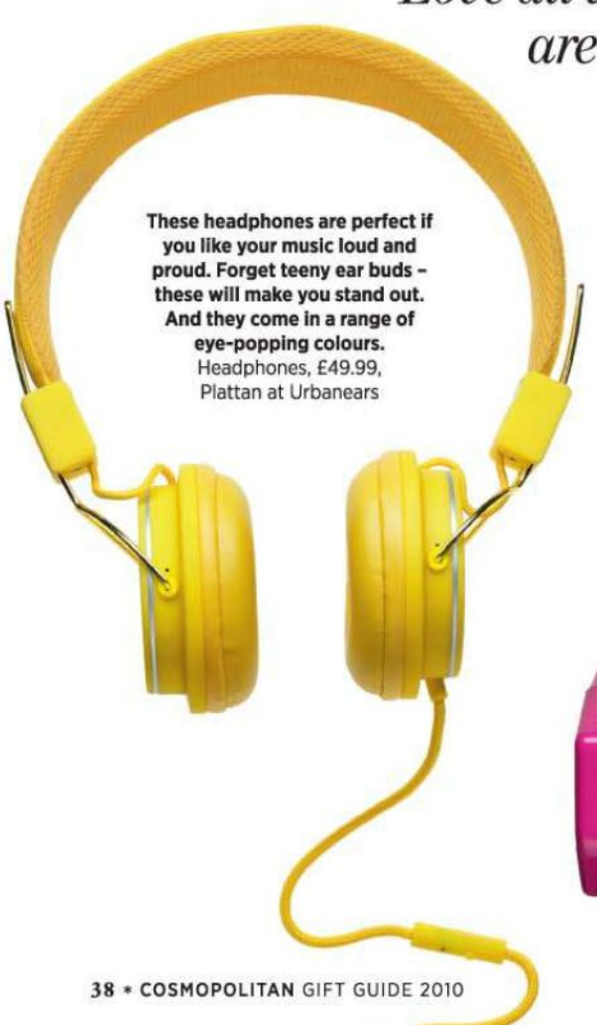
This classic, all-plastic camera produces photos with a retro feel, to make you and your friends look super-cool.
Lomography Diana F+ Dreamer Camera special edition, £50, Urban Outfitters



As soon as we got our hands on this new iPod Nano, we couldn't stop playing with it. The touch-screen layout makes your album covers look fab – and it has different screens, including a watch face, so you can clip it to a wristband.
iPod Nano with Multi-Touch, 8GB, £129, Apple



This gorgeously girly webcam has a built-in mic and can be used for video calling or 'capture' in HD. (For a webcam for him, turn to p56).
HD Webcam C270, £24.99, Logitech



These headphones are perfect if you like your music loud and proud. Forget teeny ear buds – these will make you stand out. And they come in a range of eye-popping colours.
Headphones, £49.99, Plattan at Urbanears



If you want to get thrifty after the Christmas spending splurge, this adorable, dinky sewing machine is perfect.
Mini sewing machine, £50, John Lewis



An MP3 player designed to look like an old-school Walkman? Yes please! It even has pretend stop, play, fast-forward and rewind buttons for you to play with. Genius.
MP3 Walkman, £45, Urban Outfitters



When this cute little projector arrived in the *Cosmo* office, it made everyone go "Awww" – and it works like a dream, projecting digital videos and snaps on the wall for a home-made slide show.
LED Pico Projector, £199, Samsung



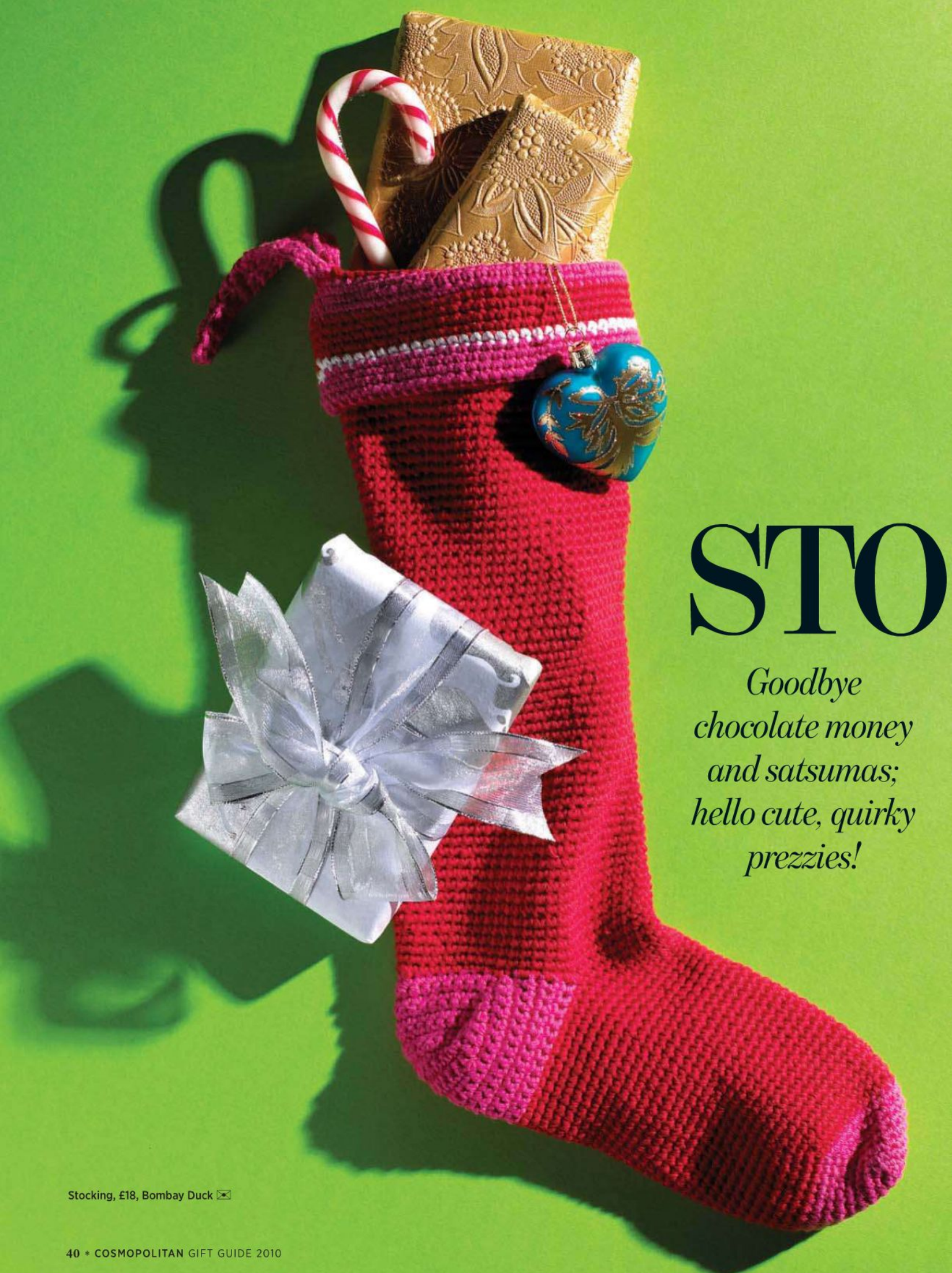
Get playful with a Toy Watch – this one has changeable straps so you can add flashes of colour depending on your outfit – or mood.
Jelly Looped Watch, £124.99; additional straps, £13.99 each, www.toywatchwatches.co.uk



Want to feel futuristic? This teeny-tiny phone can also play music and videos. It'll make you the envy of your friends.
Nova Smartphone, £199, Swap



Use these mini speakers as a cheap and cheerful way to crank up the volume on your iPhone, MP3 or CD player.
LS11 Speakers, £14.99, Logitech



STO

Goodbye chocolate money and satsumas; hello cute, quirky prezzies!

Stocking, £18, Bombay Duck ✉



Nail polishes, £5 for the set, Next



Cosmetic purse set, £7.99, Cosmo at Fenwick



Love Heart candles, £6, Urban Outfitters



Bracelet, £12, Accessorize

CKING FILLERS



Toilet rolls, £3.95 each, The Designer Toilet Roll Company



Watch, £29.99, Cosmoshop.co.uk



Lip balm tin, £6, Vaseline

Macaroons, £11 for six, Ladurée ›



STOCKING FILLERS



Mirrors, £3.50 each, Hannah Turner Ceramics

Flora by Gucci purse spray, 4 x 15ml, £52

Alice band, £30, Topshop



Purse, £8, Accessorize



Kitty money box, £14.99, Firebox





Gloves, £49, Ted Baker



Massage candle, £15, Cosmosutra at Ann Summers



Hair clip, £32, Johnny Loves Rosie

Travel wallet, £19.50, Bombay Duck





Passport cover, £8.95, Bombay Duck



Luggage tag, £7.25, Bombay Duck


GHOST
THE FRAGRANCE
GHOST

BUDGET TO

So you can decide when to

Watches

Retro radios

Today



£29.99, Avia



£34.99, Steepletone at Lime Shop

Pay day



£40, Oasis



£49, Murphy at Very

One day



£125, Accurist at H Samuel



£149.99, Pure at Comet

In your dreams!



£179, Michael Kors at Asos



£200, Cath Kidston

BLOWOUT

treat yourself... or your purse

Charm bracelets



£5, Claire's



£50, Guess ✉

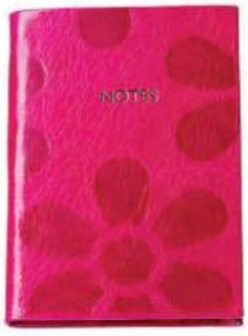


£155, Ernest Jones ✉



£230, Dower & Hall ✉

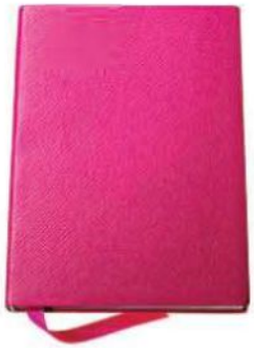
Notebooks



£19, Aspinal Of London ✉



£44.95, Harrods ✉



£125, Smythson ✉



£165, Mulberry ✉

Perfume bottles



£15, Matalan ✉



£44.99, Glitz And Pieces ✉



£95, Penhaligon's ✉



£148, Basia Zarzycka ✉ ◆



RYAN REYNOLDS, Actor

"Music's always good. Making a mix CD – albeit old school – is generally a pretty cool gift. And Boss Bottled Night – it has a masculine smell, fresh and woody at the same time."



Boss Bottled Night eau de toilette, £29 for 50ml, Hugo Boss ✉



Want to know what to get your favourite

CELEB CH WISH



CHRISTINA AGUILERA, Singer/actress

"My favourite way to pamper myself after doing all my Christmas shopping is to unwind with a bubble bath, surrounded by candles and beautiful scents. So they'd be the perfect gift."







SHERIDAN SMITH, Actress

"This sounds so weird but I'd love some jumpers for my dogs! And for myself? Ooh, a nice underwear set from somewhere posh, like Myla!"





ZOE SALMON, TV presenter

"I haven't been on a two-week holiday in 12 years, so it would definitely be a nice long holiday. Oh, and a husband!"

celeb for Christmas? Look no further...

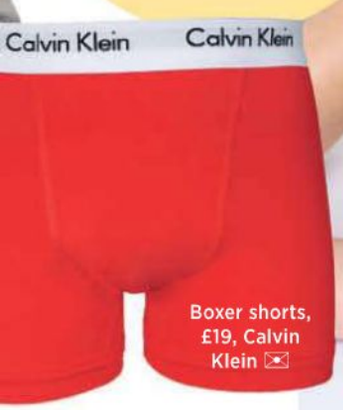
RISTMAS LIST





KELLAN LUTZ, *Twilight* actor

"Calvin Klein boxer shorts. And I live in sweatpants so another pair of those would be great."



Boxer shorts, £19, Calvin Klein ✉



CLAUDIA WINKLEMAN, TV presenter

"A Caesar salad and a massage. In that order!" ›

DENISE VAN OUTEN, TV presenter

"It will be my daughter Betsy's first Christmas so she'll be getting all the presents, but sometimes we share beauty products. I love the Burt's Bees baby stuff. It's gorgeous."

JEMIMA ROOPER, Actress

"I'd like the Little Red Riding Hood coat by Hearts & Hands at Urban Outfitters, and some Mac foundation to use in real life as well as on stage in *Me And My Girl*."

Coat, £195, Hearts & Hands, Urban Outfitters ✉

NICOLA ROBERTS, Singer/fashionista

"All I want is a peaceful Christmas and to sit down to lunch with my family."

CHRISTINE BLEAKLEY, TV presenter

"I'm not really into diamonds or anything like that, but I love going home to Northern Ireland and seeing my mum and dad. So probably plane tickets!"

Airline Ticket

Bag, £1,500, Mulberry ✉

ALEX JONES, TV presenter

"I'd absolutely love a Mulberry handbag." ›


touch
of pink
Fragrance for Women
LACOSTE
touch of pink
LACOSTE

SHAYNE WARD, Singer

"I want something really selfish this year, that's just for me – I really want my album to completely blow up, and people to love what I've been doing for three years."

JENNI FALCONER, TV presenter

"A dress from Project E – I'm obsessed with their new range. And a bag from Reiss. I've told my husband to take note!"

Bag, £245, Reiss

ASHLEY TAYLOR-DAWSON, Darren in *Hollyoaks*

"For Christmas I'd love an all-expenses-paid around-the-world trip with the missus. There are so many places out there I want to see!" ◆

A BOX OF ROSES AND SOME SOCKS? NOT FOR THESE CELEBS...



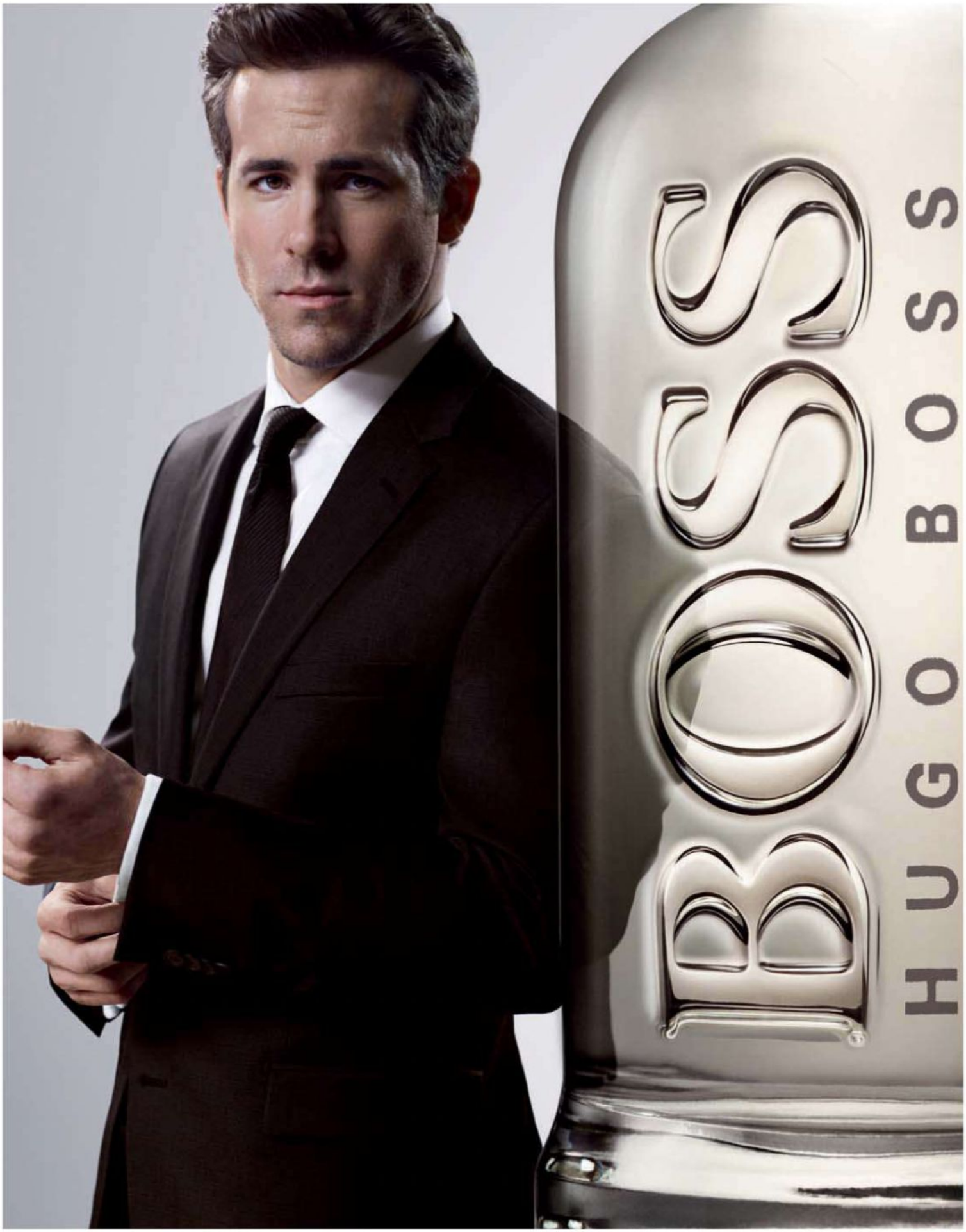
Two years ago, David Beckham treated Victoria to an £80,000 diamond-encrusted Birkin handbag for Christmas. That's buying a flat to us, but to David it's less than a full 90 minutes for LA Galaxy. Pah.

Mega-rich Chelsea FC owner Roman Abramovich bought his girlfriend 100 acres of the moon, which apparently cost him £189million. Jeez, give us a villa in Spain any day – at least we can visit that a lot more easily.

We're not sure if Paris realised Christmas was about *giving* when she bought *herself* a £180,000 pink Bentley. Guess she really is her own BFF.



Being married to one of the most powerful men in music has paid off for Beyoncé, who apparently received a 1959 convertible Rolls Royce – worth a staggering £630,000.



BOSS. BOTTLED. FRAGRANCE FOR MEN
FEATURING RYAN REYNOLDS

BOSS
HUGO BOSS

cosmopromotion



All wrapped up

Make this Christmas a beautiful one – get creative with gorgeous gift wrap, boxes and bows, and make the presents under your tree the envy of all the family!

It's that time of year – the tree is decorated, there's the excited hustle and bustle of shoppers everywhere, presents are being bought for friends and loved ones… and our credit cards are taking a pounding! But it's Christmas, it's the only time of year that brings us all together in this way – and it's often the only time of year that we spend a lot of love, effort and money on making everything look perfect.

When it comes to wrapping our presents, it's the ultimate girly night in. The men in our lives aren't often so keen(!) but for us it's the perfect pre-Christmas evening – grab a few friends, stick on this year's Christmas CD, crack open a bottle of wine and gossip the night away whilst knee deep in ribbon and decorative bows. There is nothing more exciting than finishing your shopping and having it all beautifully wrapped underneath the tree – the first true sign of the nearing festive celebrations!

And if you feel like you're running out of time so can't make an evening of it? Fear not. There are plenty of gift-wrap services offered in stores, so you can still give gorgeously wrapped goodies – and finish your shopping while someone else makes your gifts look pretty.

TOP 5 REASONS WE ❤ GIFT WRAP

1. It's an excuse to go all girly and spend lots of time making everything look really pretty!
2. Our men are grateful for our wrapping skills and will often make themselves scarce when it needs to be done (meaning we can get the girls round).
3. A beautifully wrapped gift is the sign of a thoughtful friend – it shows you've taken time over your gift and the effort is always appreciated.
4. You can get creative – even with the plainest, most simple paper. Just add thick ribbon tied into a big bow for a dramatic effect.
5. We love receiving well-wrapped presents! Think about how it makes you feel when you get a gorgeously wrapped gift – create the same excitement for others.

WRAP A LITTLE LUXURY

When it comes to giving the ultimate Christmas gift – fragrance – you can enjoy all your favourite products wrapped in stunning paper and gift boxes, right at the counter. You will find the service offered in most large department stores like Harrods, Selfridges, Debenhams or House Of Fraser, and also in perfumeries like The Perfume Shop or larger Boots stores from November. Simply purchase your desired items and ask for the gift-wrap service at the till. You can have individual fragrances beautifully wrapped, or if you buy multiple items you can ask for a gift box or bag – making your presents look even more delectable! And the best part? You can make your purchase and then leave your gift wrapping to be done at the counter while you continue with the rest of your shopping… we're sure men will especially appreciate this!





BOSS BOTTLED. NIGHT. THE NEW FRAGRANCE FOR MEN
FEATURING RYAN REYNOLDS

BOSS
HUGO BOSS

GIFTS FOR THE BOYS

Dear  ,

All our  want for Christmas is... us! But as they've been really good this year  a few more gorgeous  would be lovely... like the delicious-smelling  on p56 (mmm...) Or maybe the super-cool must-have  on p58. And as an extra treat, how about  – the *only* vodka to be seen drinking this Christmas, on p60?

Go on, Santa, they deserve it!

xxx

BEAUTY FOR THE BOYS

Whether they admit it or not, guys love a bit of pampering too...



Otis Batterbee at Liberty Washbag, £30



Malin+Goetz at Liberty Mojito Soap Set, £22





Zirh Try Me Skincare Kit, £25



Edwin Jagger Chrome 'Chatsworth' Razor with Gillette Fusion Blade, from £90. Edwin Jagger Cone Razor Stand, from £37



Otis Batterbee at Liberty Eye Mask, £35



Men-Ü Ultra Concentrate Shower Gel, £7.95, and Matt "Skin Refresh" Gel, £12.95



The Art Of Shaving Elements Starter Kit, £25





Hugo Man
eau de toilette
50ml, £29

Boss
Bottled eau
de toilette
50ml, £29

D&G #11 La Force
eau de toilette
100ml, £35

Gucci by Gucci
Pour Homme
Travel Spray
30ml, £30

Boss Bottled Night eau de
toilette 50ml, £29

Dolce & Gabbana The One For Men
eau de toilette 50ml, £39

Lacoste Challenge eau de
toilette 75ml, £34 ◆



This waterproof camcorder is a must-have for summer holidays.
Camcorder, £302.50, Xacti at QVC ✉

If he's addicted to his Wii, these 'weight' controls will at least make sure he has hot new guns. Mmmm!
Wii weights, £14.99, Firebox ✉



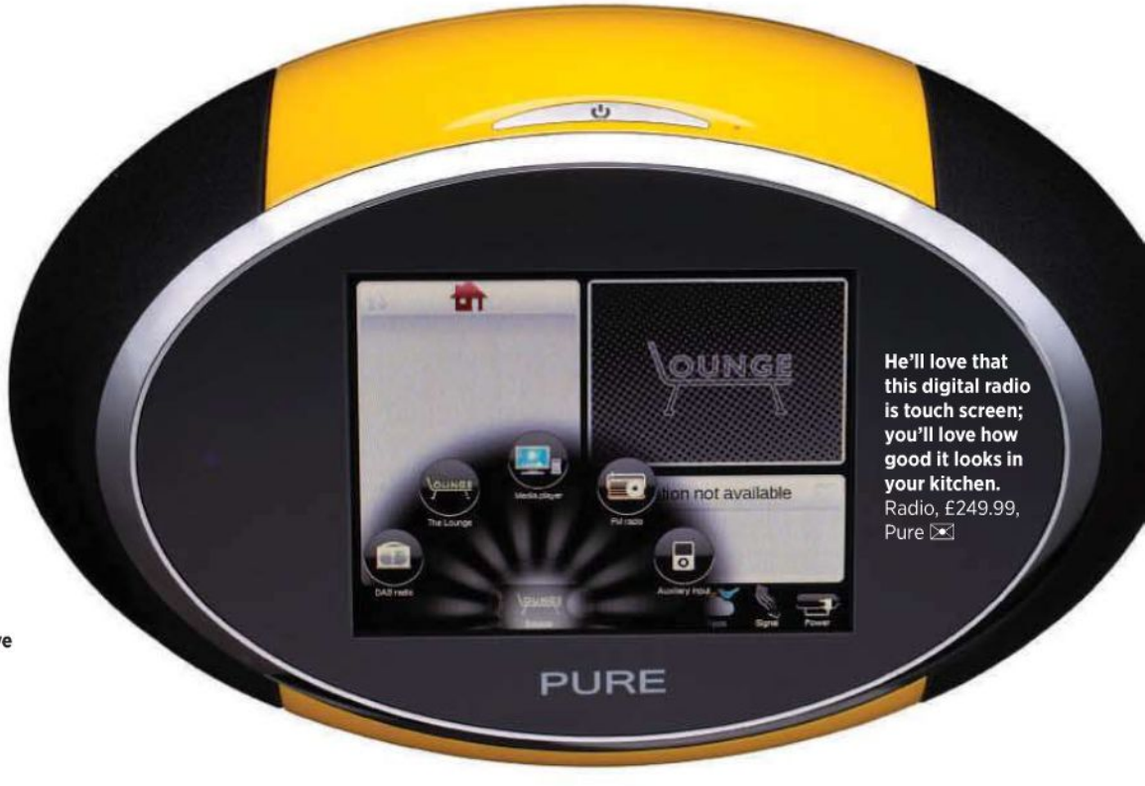
The biggest of the must-have 'tabs' around (the size of your *Cosmo*, in fact), this is perfect for your movie-loving guy.
Joojoo tab, approx £367, Joojoo ✉

GADGETS FOR YOUR MAN

Forget food – we know the real way to his heart...



Never mind the iPad, if you get him this must-have tab, you'll defo win Best Girlfriend Award.
Samsung tab, price TBC



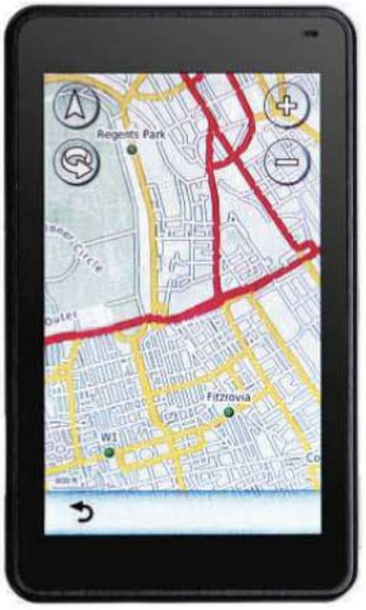
He'll love that this digital radio is touch screen; you'll love how good it looks in your kitchen.
Radio, £249.99, Pure ✉



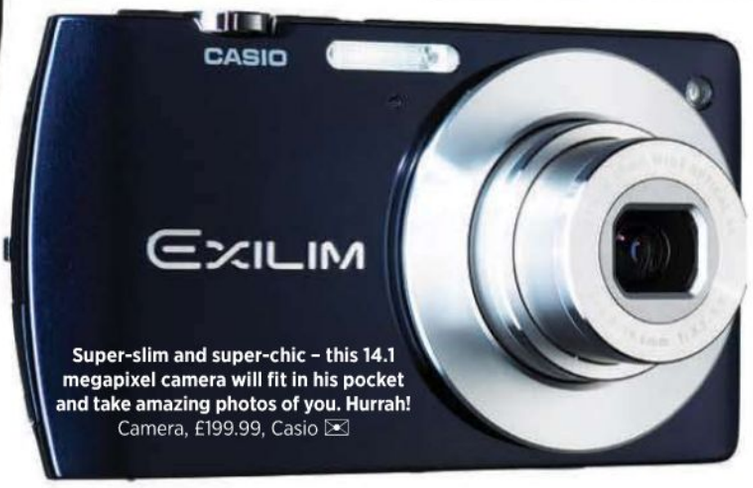
Your gadget-geek boyfriend will love this touch-screen watch – and it's pretty stylish too.
Watch, £99.95, Kenneth Cole ✉



This HD webcam makes you almost feel like you're in the same room – perfect for when you're apart...
Webcam, £89.99, Logitech ✉



This state-of-the-art satnav will put an end to in-car arguments (and means neither of you need to map read – yay!)
Satnav, £319.99, Garmin ✉



Super-slim and super-chic – this 14.1 megapixel camera will fit in his pocket and take amazing photos of you. Hurrah!
Camera, £199.99, Casio ✉



If you can't drag your man from his emails, at least let him check them in style.
Mobile phone, Blackberry Bold 9700, from free, dependent on network, Blackberry ✉



Give him something he'd sell his gran for – arguably the most stylish laptop around.
Laptop, £849, Apple ✉ ◆



Cushion, £35, Megan Quinton at www.notmassproduced.com



Clocks, £25 each (both same size), Karlsson at House Of Fraser

STOCKING FOR

Because some good things



iPod jumper, £9.99, River Island



Belt, £30, New & Lingwood at House Of Fraser



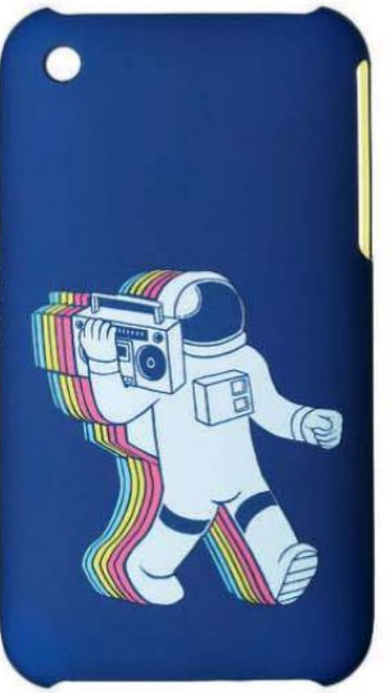
Wallet, £12, Topman





Scarf, £45, Armani at House Of Fraser ✉

iPod cover, £24.99, Griffin from Apple ✉





Chase vodka, £37.50, John Lewis ✉

FILLERS HIM

come in small packages...

Gloves, £10, Next ✉



Hat, £15, Next ✉





Toothbrush sanitiser, £24.95, www.cutebitz.com ✉ ◆

Luxury Lacoste fragrance gift package includes: Lacoste Touch Of Pink 90ml, Lacoste Joy Of Pink 90ml, Lacoste Red 125ml, Lacoste Challenge 90ml – plus a fabulous Lacoste watch



Win a fabulous CHRISTMAS PACKAGE

Win one of 10 beautiful fragrance packages, including a gorgeous watch. That's your Christmas presents sorted!



Luxury Hugo Boss fragrance gift package includes: Boss Bottled 100ml, Boss Bottled Night 100ml, Boss Orange 75ml, Boss Orange Sunset 75ml – plus a stunning Boss watch

HOW TO ENTER

Simply visit **www.cosmopolitan.co.uk/fragrancesets** and enter your details for a chance to win one of these amazing gifts! You could be chosen in this prize draw to receive either a luxury Lacoste fragrance package worth over £250, or a luxury Hugo Boss fragrance package worth over £250. Log on and enter before the closing deadline of **midnight on Friday 10 December 2010**. Happy Christmas from *Cosmo*!

WHERE TO SHOP



Sexy Luxe

A Accessorize (www.monsoon.co.uk) **C Carvela** (www.kurtgeiger.com) **D Debenhams** (www.debenhams.com) **Dolce & Gabbana** 020 7730 1234 (www.harrods.com) **Dorothy Perkins** 01277 844437 **F Fiorelli** (www.fiorelli.com) **G Gucci** 020 7730 1234 (www.harrods.com) **H Heal's** (www.heals.co.uk) **K Kate Kuba** (www.katekuba.co.uk) **L LK Bennett** (www.lkbennett.com) **Lulu Guinness** (www.luluguinness.com) **M Moschino** (www.moschinoboutique.com) **Moschino Cheap & Chic** 020 7318 0500 **Mulberry** (www.mulberry.com) **Myla** (www.myla.com) **N Nails Inc** 020 7529 2340 (www.nailsinc.com) **Next** (www.next.co.uk) **O Office** (www.office.co.uk) **R River Island** (www.riverisland.com) **S Schuh** (www.schuh.co.uk) **SKII** 020 7730 1234 (www.harrods.com)



Vintage Chic

A Accessorize (www.monsoon.co.uk) **Alex Monroe** (www.alexmonroe.com) **B Bhs** (www.bhs.co.uk) **C Christina Aguilera** (www.debenhams.com) **D Dorothy Perkins** 01277 844437 **E EC One** (www.econe.co.uk) **F Frederic Fekkai** (www.lookfantastic.com) **G Ghost** (www.debenhams.com) **Graham & Green** (www.grahamandgreen.co.uk) **J Jewellery By Vanya** (www.jewellerybyvanya.com) **Laura Ashley** (www.lauraashley.com) **Laura Lee** (www.lauraleejewellery.com) **N Next** (www.next.co.uk) **P Polly George** (www.pollygeorge.com) **T The Vintage Jewellery Company** (www.vintagejewelleryco.co.uk) **Topshop** (www.topshop.com) **Tous** (www.tous-shop.com) **U Urban Outfitters** (www.urbanoutfitters.co.uk) **W Wilbur & Gussie** (www.wilburandgussie.com) **Z Zoe & Morgan** (www.zoeandmorgan.com)



Girly Boudoir

A Accessorize (www.monsoon.co.uk) **Anya Hindmarch** 020 7730 0961 **Assya** (www.assya.net) **B Bhs** (www.bhs.co.uk) **Bombay Duck** (www.bombayduck.com) **Boss** (www.boots.com) **C Cosmo Shop** (www.cosmoshop.co.uk) **D Daisy & Eve** 01277 844143 **Dolce & Gabbana** 020 7730 1234 (www.harrods.com) **Dower & Hall** (www.dowerandhall.com) **G Gina** (www.gina.com) **H Heal's** (www.heals.co.uk) **L Lacoste** (www.superdrug.com) **Lola Rose** 020 7372 0777 **M My Wardrobe** (www.my-wardrobe.com) **N Nars** (www.narscosmetics.co.uk) **Next** (www.next.co.uk) **S Simply Roses** (www.simplyroses.com) **T Topshop** (www.topshop.com) **V Velvet Brown** (www.velvetbrown.co.uk) **Very** (www.very.co.uk) **W What's About Town** (www.whatsabouttown.com)



Stocking Fillers

A Accessorize (www.monsoon.co.uk) **Ann Summers** (www.annsummers.com) **B Bombay Duck** 020 8749 3000 (www.bombayduck.co.uk) **C Cosmo Shop** (www.cosmoshop.co.uk) **F Fenwick** (www.fenwick.co.uk) **Firebox** 0844 9221 010 (www.firebox.com) **G Gucci** 020 7730 1234 (www.harrods.com) **H Hannah Turner Ceramics** (www.hannahturner.co.uk) **J Johnny Loves Rosie** 01217 459058 (www.johnny-loves-rosie.com) **L Ladurée** 020 7730 1234 (www.harrods.com) **N Next** (www.next.co.uk) **T Ted Baker** (www.tedbaker.com) **The Designer Toilet Roll Company** 0800 731 8284 (www.the designertoiletrollcompany.co.uk) **Topshop** 01342 859111 (www.topshop.com) **U Urban Outfitters** 0845 330 1288 (www.urbanoutfitters.co.uk) **V Vaseline** 0800 591720 (www.vaseline.co.uk)



Budget To Blowout

A Asos (www.asos.com) **Aspinal Of London** (www.aspinaloflondon.com) **Avia** (www.aviawatches.com) **B Basia Zarzycka** (www.basia-zarzycka.com) **C Cath Kidston** (www.cathkidston.co.uk) **Claire's** (www.claires.com) **Comet** (www.comet.co.uk) **D Dower & Hall** (www.dowerandhall.com) **E Ernest Jones** (www.ernestjones.co.uk) **G Glitz And Pieces** (www.glitzandpieces.co.uk) **Guess** (www.guess.com) **H H Samuel** (www.hsamuel.co.uk) **Harrods** (www.harrods.com) **L Lime Shop** (www.limeshop.co.uk) **M Matalan** (www.matalan.co.uk) **Mulberry** (ww.mulberry.com) **O Oasis** (www.oasis-stores.com) **P Penhaligon's** (www.penhaligons.com) **S Smythson** (www.smythson.com) **V Very** (www.very.co.uk)



Celeb Christmas Wish List

B Boss (www.boots.com) **C Calvin Klein** (www.debenhams.com) **M Mulberry** (www.mulberry.com) **R Reiss** (www.reissonline.com) **U Urban Outfitters** 0845 330 1288 (www.urbanoutfitters.co.uk)

THIS CHRISTMAS



Modern Minimalist

A Accessorize (www.monsoon.co.uk) **D D&G** 020 7529 4700 (www.houseoffraser.co.uk) **Dolce & Gabbana** 020 7730 1234 (www.harrods.com) **Dune** (www.dune.co.uk) **E Elemental Herbology** 020 8740 2085 (www.spacenk.co.uk) **F Firetrap** (www.firetrap.com) **G G & J Greenall** (www.gjgreenall.co.uk) **Graham & Green** (www.grahamandgreen.co.uk) **H Heal's** (www.heals.co.uk) **J Jonathan Ward** 020 7627 6363 (www.jonathanwardlondon.com) **L Liberty** 020 7734 1234 (www.liberty.co.uk) **Links Of London** (www.linksoflondon.com) **Lulu Guinness** (www.luluguinness.com) **N New Look** (www.newlook.com) **Next** (www.next.co.uk) **O Olga Berg** 01536 310447 **R Religion** (www.religionclothing.co.uk) **T The White Company** (www.thewhitecompany.com) **Topshop** (www.topshop.com) **U United Perfumes** (www.united-perfumes.com)



Flirty Feminine

A Accessorize (www.monsoon.co.uk) **C Cath Kidston** (www.cathkidston.co.uk) **Chanel** 020 7493 5040 **D Dolce & Gabbana** 020 7730 1234 (www.harrods.com) **Dower & Hall** (www.dowerandhall.com) **F Figleaves** (www.figleaves.com) **G Ghost** (www.debenhams.com) **Gucci** 020 7730 1234 (www.harrods.com) **N Next** (www.next.co.uk) **P Paul & Joe** 020 7629 9161 **Peacocks** (www.peacocks.co.uk) **Primrose Bakery** (www.primrosebakery.org.uk) **S Spinning Jewelry** (www.spinninguk.net) **T The Contemporary Home** (www.tch.net) **Tous** (www.tous-shop.com) **U Urban Outfitters** (www.urbanoutfitters.co.uk) **Z Zara Home** (www.zarahome.com)



Girls' Gadgets

A Apple 0800 048 0408 (www.apple.com/uk) **J John Lewis** 08456 049049 (www.johnlewis.com) **L Logitech** 01753 870900 (www.logitech.co.uk) **S Samsung** (www.samsung.com/uk) **Swap** (www.s-w-a-p.co.uk) **T Toy Watch Watches** 0191 211 2330 (www.toywatchwatches.co.uk) **U Urbanears** (www.urbanears.com) **Urban Outfitters** 0845 330 1288 (www.urbanoutfitters.co.uk)



Beauty For The Boys

A Absolution 020 3075 1006 (www.beingcontent.com) **B Boss** (www.boots.com) **D D&G** 020 7529 4700 (www.houseoffraser.co.uk) **Dolce & Gabbana** 020 7730 1234 (www.harrods.com) **E Edwin Jagger** 0114 275 3739 (www.theenglishshavingcompany.com) **G Gucci** 020 7730 1234 (www.harrods.com) **L Lacoste** (www.superdrug.com) **M Malin + Goetz** 020 7734 1234 (www.liberty.co.uk) **Men-ü** 01256 701788 (www.men-u.com) **O Otis Batterbee** 020 7734 1234 (www.liberty.co.uk) **T The Art Of Shaving** (www.mankind.co.uk) **Z Zirh** (www.mankind.co.uk)



Gadgets For Your Man

A Apple 0800 048 0408 (www.apple.com/uk) **B Blackberry** 01753 667000 (www.blackberry.com) **C Casio** 020 8450 9131 (www.casio.co.uk) **F Firebox** 0844 922 1010 (www.firebox.com) **G Garmin** 0808 2380 000 (www.garmin.com) **J JooJoo** (www.thejoojoo.com) **K Kenneth Cole** 0844 7365 340 (www.watchshop.com) **L Logitech** 01753 870900 (www.logitech.com) **P Pure** 0845 148 9001 (www.pure.com) **Q QVC** (www.qvcuk.com) **S Samsung** 03307 267864 (www.samsung.com/uk)



Stocking Fillers For Him

A Apple 0800 048 0408 (www.apple.com/uk) **C Cutebitz** 020 8144 7570 (www.cutebitz.com) **H House Of Fraser** 020 7003 4000 (www.houseoffraser.co.uk) **J John Lewis** 08456 049049 (www.johnlewis.com) **N Next** 0845 600 7000 (www.next.co.uk) **Not Mass Produced** 01279 447615 (www.notmassproduced.com) **R River Island** 020 8991 4759 (www.riverisland.com) **T Topman** (www.topman.com)

Cosmo

Commandments

10 rules of gift giving... and getting!



1 Smile when your great-gran gives you a crisp fiver and tells you not to spend it all at once. It would have bought a year's supply of Spam in 1942...

2 Don't over-apologise for your slightly-on-the-small-side gift. Just style it out with a beatific smile.

3 *Re-gift. Just be sure those drawer liners for Auntie Jean weren't once a present from Auntie Jean.*

4 *Whatever his mum gives you, repeat after us: 'I LOVE it. It's so ME. Thanks SO much.'*

5 If low on cash, go wrapping crazy. Lots of ribbons and bows outside will make up for those novelty boxers inside.

6 Dodge the post-Christmas comedown by saving some cash for the sales. Ready, set, ASOS!

7 Insist on gift-wrapping presents to a Mariah Carey and Slade megamix, with regular breaks to scoff Terry's Chocolate Orange. Cliché? Us?

8 *Feeling brave? Save shopping till Christmas Eve – it's usually eerily quiet. Be warned, though, clock-ticking panic = throwing cash at the situation.*

9 Avoid the phrase: 'I like it... It's different.' Everyone knows that's code for 'I hate it. What the hell were you thinking?'

10 *Play it safe if secret-Santa shopping for colleagues. You might see the funny side of those novelty nipple tassels. Your boss? Not so much.*

BY FIONA COWOOD. PHOTOGRAPH TRUNKARCHIVE.COM

MISS JANUARY COSMO MISS OUT!



THE JANUARY ISSUE OF COSMO IS OUT ON 9 DECEMBER

OUR CHRISTMAS GIFT TO YOU... 2011 WILL BE YOUR BEST EVER!

PHOTOGRAPH DAVID LESLIE ANTHONY. *NOT AVAILABLE IN SOME AREAS OR ON SUBSCRIPTION COPIES

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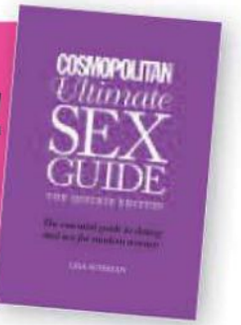
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Plus

Free with *Cosmo* next month!

THE BOOK THAT COULD CHANGE YOUR LOVE LIFE FOREVER!*




SCARLETT JOHANSSON
DOLCE & GABBANA
the one
DOLCE & GABBANA
the one